RATIONAL PHYSIC;

OR, THE

ART of HEALING.

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At Sherborne, Dorſetſhire.

Homo ſum, humani nihil a me alienum puto.

TERENT.

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MDCCLXV.

THE PREFACE TO THE READER.

THE Intention of the following Sheets is to aſſiſt thoſe People who live at too great a Diſtance from Gentlemen of the Phyſical Faculty to receive their immediate Aſſiſtance; and likewiſe to enable others, whoſe Circumſtances will not afford them the Benefit of applying to theſe Gentlemen, to procure for themſelves a plain, rational, and eaſy Method of Cure. With this View, in order to be as clearly underſtood as is conſiſtent with the Nature of this Subject, here will be, with all poſſible Care, excluded all thoſe technical Terms, thoſe tedious and too fruitleſs Diſquiſitions into the Cauſes of Diſeaſes,

eaſes, which ſo frequently occur in Treatiſes of this kind, and generally contribute more to perplex the Judgment than inform the Underſtanding; and the Reader will be directed to the ſole and ultimate End of Medicine, *The Art of Healing*.

THE Rules laid down for the Preſervation of Health are taken from Celſus, Sanctorius, Dr. Cheyne, and others; and, if properly obſerved, will be found the moſt effectual Means of ſecuring to ourſelves the Poſſeſſion of that valuable Bleſſing.

THE Diſſertations on the Pulſe, Blood, Tongue, &c. are intended to direct the Reader how to diſtinguiſh one Diſeaſe from the other, whilſt the Diſpenſatory ſupplies him with Remedies for almoſt every Diſeaſe incident to the human Body. In order to render it compleat, the beſt Authors, both antient and modern, have been conſulted, the Practice of every Hoſpital ſearched into, and their beſt Recipes ſelected; to theſe are added many Preſcriptions, which, tho' never made public, have been found in

private

private Practice to deſerve the higheſt Encomiums. In the Courſe of this Work all thoſe *uſeleſs Forms* of preparing Medicines are avoided, which are intended more for the Benefit of the Apothecary than the Patient, and the moſt ſimple ones introduced in their ſtead, not only on account of their being more eaſily and readily prepared, but from a Conviction, that they are equally as efficacious in removing the firſt attack of a Diſeaſe, as the moſt elaborate Compoſitions in its advanced State. A greater Regard alſo has been paid to Medicines, that are the Product of our own Soil, than thoſe of foreign Extraction. This being the Plan propoſed, it is hoped the Gentlemen of the Faculty will not judge it an Object deſerving their Cenſure, that Part of the Practice is by theſe Means made public. The Author is very ſenſible, that it is impoſſible for any Man to lay down a particular Method of Cure for any one Diſorder, ſince Conſtitution, Age, Climate, and Sex, make ſuch wide Diſtinctions between different People, and Diſeaſes ſometimes themſelves take ſuch different Turns. In all Caſes therefore, where Danger is immediately apprehended,

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an immediate Application to them is here recommended; and in order to enable the Reader to form a proper Judgment of the Diſeaſe, he will here ſee pointed out the particular Symptoms that attend it, with the Conſequences to be appprehended from them. Should the following Undertaking, ſuggeſted by the Motives at firſt declared and executed on this Plan, be deemed to merit the Candour and Approbation of the Faculty, the Senſe of this Civility will be regarded by the Author as a Recompence more than adequate to his Trouble, and will enhance the Satisfaction, by thence increaſing his Conviction, that his Time and Pains have not been ineffectually employed in the Service of his Fellow-Creatures.

RATIONAL

RATIONAL PHYSIC.

CHAP. I.

Of HEALTH, *and the Method of Preſerving it.*

HEALTH, juſtly defined, is a proper diſpoſition of all the conſtituent parts of the body for performing their reſpective functions. This depends entirely on a due quantity and quality of the fluids, and a proper tone and action of the ſolids. Whenever there is a deficiency in either of theſe points, Health immediately vaniſhes, and diſeaſe is introduced in its ſtead.

Whoever conſiders the exquiſitely minute and complex machinery of the human frame, will wonder that its functions ſhould remain undiſ-

turbed for ſo long a courſe of years as we ſometimes find they do, eſpecially ſince an obſtruction in the ſmalleſt veſſel is capable of throwing the whole animal œconomy into diſorder.

The grand deſign of phyſic is Health, and may be brought under two heads; viz. the art of maintaining us in the poſſeſſion of that bleſſing, and the art of reſtoring it when loſt. For the preſervation of it, we muſt obſerve a proper uſe of the non-naturals; in order to reſtore it when loſt, the aid of medicine muſt be called in.

The non-naturals are ſix, and thus diſtinguiſhed: air, diet, ſleep and watching, motion and reſt, ſecretions and retentions, and the paſſions. For a proper uſe of each of them, there will be laid down in the following ſheets as plain and conciſe rules as the nature of the work will admit.

CHAP. II.

Of AIR.

WHOEVER conſiders the general uſe of Air to animal life, will eſteem it a thing of the greateſt conſequence in the caſe before us, and worthy of his moſt curious choice. It is ſo neceſſary

neceſſary, that where it is not, life cannot exiſt; and unleſs it be pure, health will be greatly endangered. It has a large ſhare in the compoſition of our blood, and penetrates the moſt minute receſſes of the body. Hence it happens, that when Air is deficient either in purity or elaſticity, the fluids with which it is mixed muſt conſequently be in a like manner affected. The beſt qualities Air is ſuſceptible of, are purity and temperature. By the firſt it is adapted for fluidity and elaſticity, by the latter for preſerving a due balance of the bodily excretions and retentions. Neither is it hurtful in its impure ſtate only, but alſo in its ſudden changes to oppoſite extremes. In this caſe the greateſt care will be required to prevent its ill effects. We ſhould endeavour, by the choice of our apparel and apartments, to make an artificial temperature. Our diet too ſhould be adapted to the change. It will therefore be neceſſary to calculate how far the bodily excretions and retentions may be affected by it, and to act accordingly. The diſtinguiſhing qualities of Air are as follow: hot and cold, moiſt and dry, pure and temperate. Impure Air being generally cauſed by an extreme of one or other of theſe, will not therefore be reckoned in their number. Intenſe heat relaxes the ſolids, and, unleſs perſpiration be properly performed, raiſes præternatural ferments in the fluids, which terminate in malignant or putrid diſeaſes. Con-

ſumptive people, and thoſe ſubject to melancholy or nervous complaints, are greatly affected by it, the motion of the blood, and the waſte of the animal ſpirits, being ſo much encreaſed.

To guard againſt the effects of this malady, our dreſs ſhould be light, thin, and airy; warm enough to maintain a due ſtate of inſenſible perſpiration, yet at the ſame time cool enough to prevent violent excretions from the groſſer pores. Our apartments ſhould be lofty, and the windows large; by the height of the room a greater quantity of Air will be contained, and by the largeneſs of the windows all currents or draughts will be leſſened. Upon a review of the various changes to which our uncertain climate is ſubject, that houſe ſeems beſt calculated for preſerving the health of its poſſeſſor which is ſituated on a riſing ground, fronting the ſouth. The ſituation ought to be preferred for its dryneſs and airineſs rather than warmth, too much of which makes every change the more affecting.

Cold Air is every way leſs prejudicial, and more eaſily remedied, than the former. Here the ſweat pores are ſhut up from being too laviſh of their ſtores, whilſt inſenſible perſpiration, like a frugal œconomiſt, ſpends no more than the daily ſupplies it receives from the aliments. Our dreſs and apartments ſhould be juſt warm enough

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to prevent inſenſible perſpiration from being checked; but thoſe indeed who are viſited by the Gout, Rheumatiſm, Diarrhea, &c. (which generally are brought on by this weather) may freely indulge themſelves with a greater degree of warmth.

Moiſt air is certainly the moſt prejudicial to health of the whole tribe, eſpecially if it reigns in fenny or marſhy countries. Hence epidemic Agues, Coughs, Aſthmas, Catarrhs, Dropſies, Pleuriſies, Rheumatiſms, and all diſeaſes that proceed from obſtructed perſpiration, a languid circulation, and a ſiezy blood. This is well accounted for, and deſcribed in the notes on Sanctorius's Aphoriſms. "A damp foggy air cannot but be "prejudicial to perſpiration for a great many "reaſons; its elaſticity being much weakened, "thoſe particles which mix with the blood will "not be able ſufficiently to elevate and diſtend its "globules, upon which they run into cloſer con-"tacts with one another, and occaſion ſtronger "coheſions than are agreeable to the purpoſe that "fluid is deſigned for, and render it too ſiezy to "part with a ſufficient quantity for perſpira-"tion. It relaxes and ſupples the fibres of the "body," &c.

To prevent therefore the ill effects of moiſt Air, we muſt freely have recourſe to its antagoniſt, fire.

fire. This evaporates humid exhalations, and puts the heavy particles into a briſker motion. Exerciſe too will be of great ſervice, and a generous diet may be more freely indulged than uſual; but theſe will be conſidered more at large under the articles of Exerciſe and Diet.

Too dry an Air, if attended with great heat, is productive of many ill conſequences, and parent of all the diſeaſes mentioned under the article of Hot Air, and requires the ſame method of being guarded againſt.

Little obſervation is required to be made on the pure and temperate. When we are under the influence of this, the ſpirits are raiſed, the muſcles braced, whilſt a new life and vigour diffuſes itſelf through the whole man. But the pureſt Air, by many accidents and means, is capable of being rendered noxious. Thus we ſee in hoſpitals, camps, towns beſieged, places where lead is melted, tallow-chandlers work-ſhops, bakehouſes, &c. the effluvia that ariſe often render the Air prejudicial, and ſometimes putrid. There is no doubt but the Air in large cities is purified by the ſmoke, otherwiſe it muſt ſoon become infectious by being loaded with ſo many putrid ſalts. Before we quit this ſubject, one obſervation ſhall be added, which will oftentimes be found of the greateſt conſequence. It is this: Let every perſon

labouring

labouring under any chronic diſeaſe whatever, if poſſible, breathe their own native Air. This is very notorious, that many people, who have been thought in the laſt ſtage of conſumptions, have been to admiration recovered by the uſe of this expediment.

CHAP. III.

Of DIET.

THE next grand article on which the health of our bodies in a great meaſure depends, conſiſts in obſerving proper regulations with reſpect to the quantity and quality of our Diet. In regard to the quantity, juſt ſo much is neceſſary as will ſupply the daily waſte nature ſuſtains, by which the appetite will be ſatisfied without being ſurfeited, the concoctive powers will be able to perform their taſk with vigour, and the animal ſpirits, refreſhed by the ſeaſonable recruit, will become more clear and active. It is impoſſible, as ſome authors have attempted, to ſet down any particular quantity of aliment as a general ſtandard to be obſerved, ſince age, ſtrength, conſtitution, way of life, in different people, ſo widely vary. A regard ſhould be paid likewiſe to the ſeaſon of the year and nature of the food. Our

reaſon

reaſon therefore muſt be our guide, which, by conſidering the above-mentioned ſigns of an equal meal, will always properly regulate the indulgencies of appetite. Celſus, as a ſecret for prolonging life, adviſes us *ſometimes*, *though ſeldom*, to deviate from the line of our accuſtomed regularity, and even now and then to lean a little to the extremes; "that the ſtomach might accuſtom itſelf to bear an accidental abſtinence from food, without much uneaſineſs; or, if required, be able to digeſt a little more than uſual." Sanctorius, in one of his aphoriſms, diſapproves it, as making an alteration in the fixed ſtandard of weight he orders to be obſerved. In another he recommends it, as by a gentle ſhock throwing off the vicid particles that clog the animal machine; and alſo as greatly encreaſing inſenſible perſpiration. On the whole it will be found no bad expedient, and might, *with caution*, be uſed to advantage, eſpecially by thoſe whoſe buſineſs will not permit them to obſerve any conſtant rule either in quantity, quality, or time of diet. As to the time, that ſeems the moſt natural at which the ſtomach demands it: Thus much we may lay down as a rule; that one meal of animal food aday, (unleſs where the greateſt exerciſe is uſed) will be generally found ſufficient. Dr. Cheyne obſerves, that all the intentions of purging or vomiting might equally as well be anſwered by abſtinence from the grand,

or fleſh meal, as by any medicinal preparation whatever.

The qualities of food are very different, both in reſpect to digeſtion, and the quantity of nouriſhment it contains. The fleſh of animals that are young, or come the ſooneſt to maturity, are the eaſieſt of digeſtion; as likewiſe thoſe whoſe fleſh is white, and abounds with ſoft mucilaginous juices; but the latter are improper for phlegmatic habits, being apt to make the blood, eſpecially if freely uſed, too viſcid. Both animal and vegetable food, that abounds with fat, oily ſubſtances, are very hard to digeſt; the cells in which the oil is contained being hard to be broken, their ſlipperineſs cauſing them in a great meaſure to evade the action of the ſtomach and digeſtive powers: fat meats, nuts, olives, &c. being convincing proofs of this argument, they generally paſſing off indigeſted. Meats of an high and ſpicy flavour are more hard to digeſt than inſipid ones. Sanctorius, of all animal food, gives the preference to mutton, as paſſing off the ſtomach moſt eaſily, and abounding with juices the moſt friendly to nature. Old animals are more nouriſhing, but harder to digeſt, than young ones; wild ones more eaſy than tame. Fiſh contain the leaſt nouriſhment of any animals, and Cheyne ſays, are the moſt difficult to be digeſted; the firſt is owing to their abounding with ſo much

phlegm, and the latter to their living chiefly on animal food, and imbibing the ſalts with which the water is impregnated. Hence freſh-water fiſh paſs off the ſtomach more eaſily than thoſe generated in ſalt water. Boiled meat yields ſooner to concoction than roaſt meat; though the latter abounds with more juices, and conſequently is moſt nouriſhing. It has been a fault (too juſtly I am afraid) alledged againſt the Engliſh, that they indulge themſelves too much in the uſe of fleſh meals, whence the juices of the body are rendered too viſcid, and the blood is loaded with too many animal ſalts. To remedy this inconvenience, vegetables ſhould have a larger ſhare at our tables, thoſe eſpecially of the meally kind abounding with very good nouriſhment: thoſe indeed who are ſubject to Flatuſſes or obſtructions of the bowels, ſhould uſe them ſparingly. Ripe fruits, eſpecially of the pulpous and tart kind, are cooling, refreſhing, and paſs eaſily off. Cherries are thought by many to be the moſt wholeſome of any. There is one caution to be obſerved in eating them, viz. not to ſwallow the ſtones, as ſome do under a miſtaken notion of their helping digeſtion; whereas by their hardneſs and points, they have been known to occaſion fatal corroſions and obſtructions in the ſtomach and bowels. Raw herbs and ſallads are certainly in general very wholeſome, whatever hath been alledged to the contrary; only with this caution, that thoſe of a cooling quality

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are proper for people of bilious habits, and others of a hotter nature for phlegmatic conſtitutions. Cucumbers indeed ought to be avoided by all. Pickles of all kinds are almoſt indigeſtible; the green ones very unwholeſome, being often indebted to verdigreaſe for their colour. Muſhrooms, eaten either pickled or freſh gathered, lodge in the ſtomach like a piece of buff or cork. Pickled olives pall the appetite, and cauſe the Heart-burn. Of all pickles, the walnut is moſt innocent. Onions heat the blood too much: if eaten any way, it ſhould be, when they are very well boiled.

Having taken a view of both animal and vegetable food, the little auxiliaries of luxury come now to be conſidered. Salt is too freely uſed for the benefit of moſt conſtitutions. The old maxim that ſalt itſelf is very wholeſome, but ſalted meats very unwholeſome, is partly true and partly falſe. That ſalt with meat is not prejudicial, we find to be a miſtake, though it is allowed to be far inferior in miſchief to ſalted meats. It is a juſt aſſertion, that ſalt never paſſes through our bodies without leaving part behind; being beſides quite contrary to the nature of the chyle with which it is to be mixed. We ought therefore to uſe it very moderately, or entirely ſhun it. Of this we are certain, it fouls the blood, and generates the Gravel. Vinegar, if uſed moderately, will not be

found hurtful; but thoſe who have an impoveriſhed blood, are of a cold habit, or liable to Colics, ſhould be very cautious in the uſe of it. Spices of all ſorts are full of a cauſtic oil, which burns up the coats of the ſtomach and inteſtines, inflames the blood, and acts, though in a milder degree, after the ſame manner as ſpirituous liquors.

Liquid aliments in the next place offer themſelves; the principal of which is milk, a liquid very friendly to nature, and readily mixing with the chyle. Sometimes it is rather too heavy for weak ſtomachs, which is eaſily remedied by diluting it with water: if it ſhould purge (owing generally to acidities in the ſtomach) the teſtaceous powders are the beſt remedy. The milk of aſſes and goats is the moſt light; but that of the cow is almoſt as nouriſhing.

Of teas there are two ſorts now in common uſe, Green and Bohea. We are told they are both one ſpecies of herbs, tho' perhaps differently cured, or gathered at a different ſeaſon of the year. That is the moſt innocent which is moſt inſipid. Sugar and milk in ſome meaſure ſheath the corroſive particles with which it abounds; but we can no other way prevent its injuring our conſtitutions than by entirely avoiding it. It is confirmed by good authority, that people have died of an ulcerated ſtomach from the uſe of it, as has appeared on diſſection.

diſſection. How violently the nervous ſyſtem is affected by it, moſt people that uſe it can teſtify. I make no doubt, but that many would reply to this, "I never found it injure me." Granted; but do we not continually hear of paralytic, nervous, or hyſteric diſorders, that can be attributed to nothing but the uſe of this pernicious leaf? Were theſe diſeaſes ever ſo frequent as ſince it has been introduced? Perhaps you may not find it immediately injures you: it may be owing to your conſtitution being ſtronger, your uſing more exerciſe than others, or twenty other circumſtances; but, depend upon it, it impairs your health, though in a leſſer and more inſenſible degree. Next to thoſe poiſons, ſpirituous liquors, it is allowed, that it is the death of more people in this kingdom than all the gratifications beſides that luxury ever introduced. What a ſhame and reproach is it to us to laviſh our health and money on ſuch a miſchievous article, when we have ſo many fine ſimples of our own growth, more friendly to our conſtitutions, and wanting nothing but faſhion to introduce them and make their flavours more admired?

Coffee is of an hot, binding quality, hinders ſleep, and is improper for perſons of a bilious conſtitution, or for thoſe whoſe veſſels are too full of blood. Thoſe, who from experience cannot find it prejudicial to them, may indulge themſelves

ſelves ſometimes in a few cups of it made weak.

Chocolate is very nouriſhing, but ought to be thin; otherwiſe it palls the appetite, and relaxes the ſtomach.

Wines in general abound with a tartar, which the fluids of our bodies cannot diſſolve: hence they are by frequent uſe the parents of Gout, Gravel, Stone, &c. If they are not adulterated (a very rare caſe) they are the moſt noble cordials the vegetable world produces. In this claſs, Madeira and Mountain ſtand foremoſt. Port is a fine aſtringent, and a noble preſervative againſt putrid diſeaſes. If uſed for a conſtancy, it will often ſubject the drinker to coſtiveneſs and the Piles. Old wines are to be preferred, if ſound; as alſo red wines that have loſt their colour; for then we are certain they have depoſited a great part of their tartar.

Malt liquors ought to be light, fine, and kept to a proper age, yet not ſtale. Many have wrote againſt them, but in great meaſure without reaſon. People in health will not find any ill effects from the moderate uſe of them.

Spirituous liquors, if not diluted, are certainly ſure, though ſlow poiſons. Every one has ſufficient

cient inſtances continually before their eyes of their deſtructive qualities to render them ſhunned and hated. Brandy, or true French ſpirits of wine, diluted with a proper quantity of warm water, anſwer all the intentions of every other cordial liquor. It comforts the ſtomach, braces up the ſolids, and goes through the paſſages clearer than any vinous or malt-liquor whatever. This ought to be obſerved, viz. the leſs ſugar is drank with it, the more wholeſome it is. The laſt obſervation to be made on liquors is this, that water juſt warmed is to be preferred before all other liquors at time of meals.

CHAP. IV.

Of SLEEP *and* WATCHING.

NATURE has wiſely appointed us two diſtinct periods of Watching and Sleep. The former is allotted for the action both of mind and body, whilſt the latter is intended for recruiting thoſe ſpirits which have been waſted, carrying freſh ſupply to the blood-veſſels, and reſtoring the muſcular fibres to their proper tone. In Sleep perſpiration is promoted, whereby the the uſeleſs particles of the fluids are thrown off; but if it is continued too long, it relaxes the body,

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and renders the perſon heavy, dull, and phlegmatic. Six or ſeven hours ſound, undiſturbed Sleep, will always be found ſufficient. The whole to be obſerved in regard to Sleep, may be comprized in theſe few following rules.

I. It is hurtful to go to reſt on a full ſtomach, cauſing Flatuſſes, Night-mares, and oppreſſions of the ſpirits.

II. It is hurtful to accuſtom one's ſelf to ſleep in the day-time, being plainly contrary to nature and the conſtitution of our bodies.

III. Sleep in the early part of the night is more refreſhing than in the latter; and, on the other hand, the morning is the moſt proper ſeaſon for the exerciſe both of mind and body.

IV. Sleep, by promoting perſpiration, carries off the unneceſſary particles of our bodies. We ought therefore to be very careful how we check it at that time.

Soft beds are very unwholeſome, too much diſſipating the ſpirits, and relaxing the muſcles.

CHAP.

CHAP. V.

Of MOTION *and* REST.

OF all the friends to health, next to temperance, Exerciſe is the greateſt. This puts the lazy blood into a briſker motion, promotes a proper perſpiration and a due ſecretion of all the fluids. It diſtributes the animal ſpirits to every part of the body, and removes the obſtructions the minuter veſſels are frequently liable to. The morning is the moſt proper time for exerciſe; for then every waſte cauſed the day before is repaired, and the ſtomach is freed of its load. In the evening the air becomes more denſe, the dews deſcend, and conſequently perſpiration is more liable to be checked. Of the various kinds of Exerciſe, riding on horſeback is the beſt; its motion being ſo equal, that it promotes circulation without waſting the animal ſpirits. Walking is certainly the moſt natural, and to ſtrong, healthy habits, very ſerviceable; but rather too laborious for the weakly or infirm. Carriages of all kinds ſhould be only uſed for Exerciſe by thoſe whoſe infirmities will not permit them to ride on horſeback. Heavy, groſs, phlegmatic people, cannot ſtir themſelves too much; but lean, meagre habits, ſhould obſerve a due medium. In the winter no Exer-

ciſe ſcarcely will be too violent, but in the heat of ſummer all muſt be uſed with caution. In the former ſeaſon perſpiration is liable to be too much leſſened, in the latter too much encreaſed. Dr. Cheyne has made a good and juſt obſervation, which ought greatly to ſpur us on to an active life; viz. that whatever organs of the body are moſt uſed become ſtrongeſt; a convincing proof that any weak organ may be ſtrengthned by Exerciſe. There has been another obſervation made lately, which ſeems to carry with it a great degree of truth: "That it is highly probable, that "the epidemic putrid diſeaſes, which often invade "beſieged cities, proceed as much from confining "the inhabitants from their accuſtomed labour as "from any impurity in the air, or badneſs or "ſcarcity of proviſions."

Daily obſervation ſhews us, that ſtanding waters ſoon putrify and become noxious. It is the ſame with the ſtreams that fill up thoſe hydraulic machines, our bodies. Whilſt kept in motion by proper Exerciſe and labour, they flow pure and uninterrupted; but where inactivity prevails, they creep on in a lazy viſcous tide, continually forming obſtructions, till at laſt they become either acrimonious or putrid.

Reſt, or a ceſſation from Motion, requires very little notice: it ought to be indulged only as a refreſhment

refreſhment from labour, and never ſuffered to become habitual. This ſhould be always our rule; when we find ourſelves fatigued, to refrain from labour; when reſt has recruited us, to ſhake off indolence.

CHAP. VI.

The SECRETIONS *and* RETENTIONS.

THE three principal ſecretions the human body is ſubject to, are by ſtools, urine and ſweat. Having an occaſion in the future part of this work, to deſcend into the particulars of each of theſe heads, they will be only treated of here in a general manner. A perſon in proper health and temperature of body, ought to have one ſtool a day. If he has more, we may either conclude that he eats too much, his bile is ſecreted in too large a quantity, acrimonious juices are lodged in his bowels, or perſpiration is much leſſened, if not entirely checked. Where a ſtool a day is wanting, we are apt to ſuſpect the perſon to labour under an over-heated blood, bad appetite or digeſtion, an obſtruction of the bile, or a ſlowneſs of the periſtaltic motion of the inteſtines. Many authors tell us, that relaxations of the nerves, and all chronical diſeaſes, take their riſe

from the ill diſpoſition of the ſtomach and inteſtines, conſequently their cure muſt begin there. A meal of animal food is generally three days in paſſing thro' the body.

Urine, where the body is in perfect health, is of a bright amber colour; in regard to its quantity, it ought to be three parts in four in proportion to the liquors drank. If it is deeper, it ſhews that it is charged with too many ſalts; if paler, that too great a quantity of liquor has been drank, or digeſtion is badly performed. Pale water is a ſymptom of a diabetes, and alſo of hypocondriac or hyſteric diſorders. Yet theſe complaints are eaſily diſtinguiſhed; in a diabetes, a continual thirſt attends the patient, in the others little or none. In the former the urine is more ſweet, often flows off involuntarily, and the patient has a low quick pulſe.

There are two things proper to be mentioned in this place. The firſt is, in regard to ſtools, that thoſe people who labour under violent fluxes of the belly, ought to retain them as long as poſſible; in reſpect to urine, whenever nature calls, the ſooner it is diſcharged the better; for if retained it will be apt to diſtend the bladder beyond its natural ſize, and by depoſiting its ſalts give riſe to the generation of ſtone and gravel.

Inſenſible Perſpiration, the laſt article to be treated on under this head (the matter of Sweat being reſerved for another part of this treatiſe) is an evacuation of greater conſequence to the health of our bodies than any other. Sanctorius tells us, that it is in proportion to all the reſt of five to eight. This is not univerſally believed; however, it is very certain that it muſt much exceed any other, by obſerving our breath in froſty weather, or by laying our finger on a looking glaſs. It is to be obſerved, that cold checks it, and heat increaſes it; with this reſtriction only, that the more Sweat is encreaſed, inſenſible Perſpiration is ſo much the more leſſened. Thus much we may conclude: if the body and blood is put into too great an agitation, Sweat is neceſſary to carry off the too great ferment; but where the animal œconomy is not diſturbed, inſenſible Perſpiration is the only evacuation of this kind that nature requires.

CHAP. VII.

Of the PASSIONS.

THAT the Paſſions exert a great influence over all the functions of the body is evident to every one. The principal Paſſions are

Joy,

Joy, Anger, Fear. The two firſt put the animal ſpirits into too great a hurry; the laſt as it were entirely conſtringes them, and ſtops their courſe. The effects of Sorrow are nearly the ſame with Fear: they both take off the appetite, generate crudities in the ſtomach and inteſtines, occaſion Flatuſſes, and hinder a due circulation of the fluids. Anger ſtops the courſe of the Bile, whence proceed bilious Fevers and the Jaundice. Joy, if moderately indulged, or only confined to ſatisfaction, is the moſt happy temper of mind for producing or maintaining the health of the body. The animal ſpirits diffuſe themſelves with vigour through the whole machine, whilſt the blood circulates with a briſk and pleaſing motion.

Sorrow hinders the ſpirits from moving as actively as they ought through the brain and nerves, whereby their actions are much impeded. Love is a Paſſion not more common than prevalent over the health of our bodies; the effects of it are too well known to need a diſcuſſion.

Only one obſervation more requires to be mentioned under this head; viz. That the ſame rules which teach us the government of our Paſſions in a *moral* ſenſe will alſo do it in a *phyſical* one. It is, however, proper to obſerve, that when any præternatural affections of the nervous ſyſtem are

diſcovered

diſcovered in diſeaſes, the Phyſician ought immediately to enquire into the ſtate of the patient's Paſſions.

Observations *deducible from the foregoing.*

Although rules in this diſcuſſion on the non-naturals have been laid down, yet there are inſtances where they may be deviated from. In Diet eſpecially, reaſon and nature ſhould teach every one how to regulate his food. As to other particulars, almoſt every rule here laid down will generally be found conducive to health. From the whole, we may deduce this one infallible maxim; viz.

That pure air, due exerciſe and temperance, and a proper regulation of our Paſſions, are the ſureſt ſteps towards preſerving health, and the beſt, as being the moſt *natural*, phyſic in the world.

CHAP. VIII.

ENQUIRIES *to be made relative to the* PATIENT.

BEFORE we undertake to point out a method of cure for any diſorder, it is abſolutely neceſſary we ſhould be thoroughly acquainted with the patient's caſe. In order to this, we ſhould enquire in what manner, and how long ago the patient was ſeized; and liſten attentively, without interruption, to his detail. This being at an end, let us conſider how far the ſeaſon of the year, and temperature of the weather, might conduce to the diſeaſe. We may then begin our enquiries, the principal of which ought to be concerning the age, way of life, and habit of body of the patient; likewiſe whether the diſeaſe be hereditary or acquired; whether primary (of itſelf) or ſymptomatic (proceeding from another.) The natural ſecretions muſt likewiſe be cloſely attended to, viz. the colour and quantity of the urine, the frequency and appearance of the ſtools, and the degree of perſpiration. When you are clear in theſe particulars, the pulſe itſelf muſt undergo a ſtrict examination. Taking a review of theſe appearances, and having ſummed up the caſe within ourſelves, a little thought and circumſpection will eaſily direct us to the choice of medicines

dicines proper for the cure. And here, let me once more adviſe you not to proceed to preſcription, till theſe enquiries have been made, and you ſeem quite clear in the caſe. In order to ſtrengthen your judgment, the next chapter ſhall acquaint you wlth a method of diſtinguiſhing moſt diſeaſes (having firſt queſtioned your patient) by properly attending to the appearances of his tongue, urine, pulſe, &c. But before I proceed to that, I muſt beg leave to add one more caution; which is, that in all complicated caſes, where ſeveral diſorders run counter to one another, as it requires a very nice method of treatment, you would immediately call in the opinion of ſome able and regular practitioner.

Many authors, in order to inſtruct young practitioners in the method of diſtinguiſhing diſeaſes, have ſubjoined to their works a ſyllabus of ſymptoms; which, I imagine, might have been as well omitted, if they had directed them how to make proper enquiries: nay, in many caſes, it has been productive of many miſtakes, not only as the ſame ſymptoms are attendant on a variety of diſeaſes, but alſo as the diſeaſe itſelf, in different conſtitutions, ſo widely differs in its attack. This ſhall be purpoſely omitted, and in its ſtead ſome diagnoſtic ſigns from the Pulſe, Secretions, &c. introduced.

CHAP. IX.

Of the PULSE.

THE motions of the Pulſes are four; great and little, quick and ſlow. When we meet with a great or full Pulſe, we may be certain there is a Plethora, or too great a fullneſs of the blood-veſſels. In this caſe Bleeding will generally be neceſſary (unleſs in the putrid ſore Throat, and a caſe or too more that will be mentioned in the notes of the Diſpenſatory); and more eſpecially if the Pulſe ſeems to labour, as if oppreſſed, at the ſame time. Likewiſe where quickneſs and greatneſs are joined together, it becomes violent, and denotes a greater afflux of blood to the heart, and conſequently an encreaſed circulation in the arteries. A little and ſlow Pulſe denotes the contrary. The circulation is carried on more ſlowly, and the heart is deficient in its due quantity of blood. Hence proceeds great weakneſs and dejection of Spirits. A little and weak Pulſe generally attends on Hectic or Nervous Fevers; but this difference of treatment is required, that in the firſt caſe bleeding will be often found neceſſary, in the latter ſeldom or ever will. There are two others; the low and tremulous, and the intermitting

intermitting Pulſe. The former is found chiefly in dying perſons, whilſt thoſe who have the latter ſeldom, if ever, recover. A convulſion of the tendons generally attends on both.

Before we leave this ſubject, it will not be improper to acquaint you, that the Pulſe generally in an healthy perſon beats ſeventy ſtrokes in a minute; but as age, ſeaſon, air, exerciſe, &c. have great influence on the Pulſe, proper allowances, where it varies, ought to be made.

CHAP X.

Of the BLOOD.

THE ſtate of the patient is often to be diſcerned from the ſtate of the Blood. Whenever therefore concomitant ſymptoms have rendered bleeding neceſſary, as ſoon as the maſs is cold it ought to be carefully examined; and to the end that the colour and conſiſtence of it may repreſent its real ſtate, it will be abſolutely neceſſary that the operator ſhould make a large orifice, and that the ſtream ſhould not trickle down, but flow off the arm. Theſe are very material points, and unleſs obſerved may lead the preſcriber into a great error: for we find that blood drawn from

a ſmall orifice, or that runs down the arm, very ſeldom appears inflamed, though perhaps at the ſame time it is in a moſt inflammatory ſtate.

The general appearances of blood are as follow.

Thick, black Blood, having but little ſerum, cannot circulate freely through the ſmaller veſſels. This kind therefore ſhould be amended with Nitre, Volatiles, and Diluters, Bleeding being premiſed. Although it be florid inſtead of black, yet, if ſerum is wanting, the ſame method ſhould be purſued. When the Blood is florid and too thin, eſpecially if ſerum is wanting, we may certainly conclude, its craſis is in a great meaſure diſſolved. This caſe muſt be remedied by nouriſhing food, agglutinants, ſtrengthners, &c.

When the Blood, being cold, appears with a thick buff upon it, like melted ſuet, it is a ſymptom of the Pleuriſy, acute Rheumatiſm, and all Inflammatory Fevers. This is the general received opinion; though a very eminent Phyſician in London declared, a few years ago, before a company of medical Gentlemen, "That he "looked on the buff-colour to denote rather a "diſſolved than an inflamed ſtate of the Blood." When it appears black, thick, and grumous, with a greeniſh ſurface on it, it is a ſymptom of the Scurvy;

Scurvy; if it abounds with too much ſerum, it ſhews that Perſpiration is too ſmall; and if the urine made at the ſame time is but little in quantity, it threatens an univerſal bad habit of body, and alſo the Dropſy. If the ſerum appears intenſely yellow, ſo as to tinge linnen, we may be certain that the bile is not properly ſecreted, and that the patient labours under a Jaundice. The appearance the ſerum ſometimes puts on like ſo much milk, is entirely owing to the patient bleeding too ſoon after meals, and is nothing more than the chyle juſt entered into the maſs of blood.

CHAP. XI.

Of SWEAT.

THE matter of Sweat differs conſiderably from inſenſible Perſpiration, being of a groſſer texture, and paſſing through the larger pores. Perſpiration is ſo abſolutely neceſſary, both as to matter and quantity, to the well-being of the human body, that a diſeaſe can neither be removed nor health maintained, except it be rightly performed. As it is ſo beneficial in its proper ſtate, every thing that tends to diminiſh or encreaſe it beyond its due bounds muſt certainly diſorder the animal œconomy. What is commonly

commonly called catching cold, proceeds entirely from an obſtructed Perſpiration. To this we owe Coughs, Gout, Rheumatiſm, Catarrhal, Continual, and all Inflammatory Fevers, &c. But not in its obſtructed ſtate only is it attended with ill conſequences, but likewiſe when it is greatly encreaſed. Hence people of a bad habit of body are often troubled with ſpontaneous Sweats on the leaſt motion or exerciſe. Thoſe who have Slow Fevers have profuſe Sweats after ſleeping, conſumptive people exceſſively violent when aſleep, and racking Colics are attended with cold clammy Sweats. In every diſeaſe therefore, where Perſpiration is not regularly carried on, it is the Buſineſs of a good Phyſician to bring it as near as poſſible to that ſtate it was in, when the patient was in perfect health.

CHAP. XII.

Of the TONGUE.

THE Tongue has ſome ſhare likewiſe in giving us an inſight into the nature of ſome diſeaſes. Thus in Fevers we may learn from its appearance the degree of inflammation, or whether there is a tendency to putrefaction. The appearances it generally puts on when in a diſeaſed ſtate,

ſtate, are as follow. Red, white, black, inflamed and ſwelled, dry, rough, and chapped. Theſe may be variouſly joined together, as red and dry, black and rough, &c. When the Tongue appears red and dry, it is a ſymptom of a Fever of the nervous kind; if dark brown or black, of the putrid kind; if white, of moſt inflammatory Fevers, eſpecially in their firſt ſtage; when it is inflamed and ſwelled, the patient labours under a Quincy; its dryneſs, roughneſs, and chaps, demonſtrate the exceſſive internal heat of the patient, and are the general attendants on Inflammations of the Stomach and Bowels. Perſons bit by a mad dog have their tongues ſwoln and rough, and ſometimes hanging out of their mouths.

We have now gone through the different appearances the Tongue puts on in a diſeaſed ſtate; and if we conſider the conſequences that are deducible from each, we ſhall find that the only diſcovery we can make from it is, how far the diſeaſe may tend to the inflammatory or elſe to the putrid kind.

CHAP.

CHAP. XIII.

Of the URINE *and* STOOLS.

THE Urine is chiefly compoſed of the ſerum of the blood, loaded with many ſalts, ſome ſulphur, and likewiſe earth. After it has ſtood ſome time to cool, you will find it divided into three different ſorts of ſubſtances. The pellicle or ſkin on its ſurface, the cloud which hangs in the middle, and the ſediment at the bottom. Theſe diſtinctions are not evident in all Urine; but ſometimes one happens, and another is not met with. The cloud which hangs in the middle is taken but little notice of by authors, their chief prognoſtications being formed from the appearance of the pellicle on the top, or from the ſediment at the bottom.

To enable my readers to form as proper a judgment of diſeaſes as poſſible, I ſhall, in the firſt place, ſet down ſome general rules in regard to Urine, and afterwards deſcend to more particular appearances, reduced into as conciſe a method as the nature of the thing will admit of.

Light, thin, watry Urine, ſhews the perſon to be ſubject to the Hyſteric Paſſion, Hypocondriac

driac Pains, Heart-burn, and all Nervous or Convulsive Disorders. If the person, at the same time he makes it, labours under any violent disease, it threatens imminent danger. In all feverish heats the Urine is yellow or red, and in small quantity. In Intermitting Fevers or Agues, the Urine on the sick day is thin, clear, and without sediment; on the well day it is thick, and deposites a copious sediment. In all continual Fevers, when the crisis happens, or at the turning of the Small-Pox, a copious sediment shews the danger to be over.

We will now proceed to its more particular consideration.

URINE	SYMPTOMS OF.
Blackish brown,	Black Jaundice.
Bloody,	Scurvy, Injuries on the Bladder, Gravel and Stone.
Clear, like water,	Hysteric, Hypocondriac, and Convulsive Disorders.
Clear, thin, and red,	Continual Fevers.
Coffee-coloured,	Fit of the Gravel.
Crude, muddy, and pale,	Dropsy and Green Sickness.
Difficulty of making it,	Gravel or Stone.
Heat of, and making it with pain,	Inflammation of the Womb, Strangury, and Gonorrhæa.
High-coloured and little,	Bilious Colic, Gout, and Melancholy.
Little, with a sediment like Gravel,	Gout.
Little, thin, and watery,	Asthma.
Made more in quantity than liquor drank, with thirst,	Diabetes.

Urine	Symptoms of
Mixt with matter,	Whites, Ulcer of the Bladder and Stone.
Pain in making of,	Gonorrhæa, Strangury, Ulcer and Stone of the Bladder.
Saffron-coloured, staining linnen,	Jaundice and Inflammation of the Liver.
Skin on the top, fat and blueish, the Urine red, with a ſediment,	Hectic Fever.
Sediment bloody in,	Bleeding of the Ureters, Gravel, and Stone.
Thick, like the white of an egg,	Ulcer of the Bladder.
Ropy threads in, and clear,	Flying Gout.
Thick, and depoſiting a ſediment,	Well-day of an Ague.
White,	Forerunner of Hyſteric or Hypocondriac Fit.
White in children,	Breeding of Teeth or Worms.

There are many other ſymptoms of Urine mentioned by authors; but as theſe are the principal and only ones to be depended on, it would be unneceſſary to burden the reader's memory with any more. We ſhall therefore, in the next place, proceed to give ſome obſervations deducible from the colour and quantity of the ſtools.

The Stools, or Excrements, are the fibrous parts of our food mixt with gall, ſpittle, and other fluids. That they ſhould be regularly diſcharged, is abſolutely neceſſary to the health of the body. When therefore they are too frequent, they ought

to

to be checked (unleſs they are critical, and ſerve to carry off a diſeaſe); and when too ſparing, ought to be ſpurred on. How to ſteer right between the two extremes will be made appear in the notes on the Diſpenſatory; and at preſent we will content ourſelves with obſerving the different judgments to be formed from their appearances. Theſe indeed are but few, and thoſe chiefly dependant on diſeaſes where the ſtomach or bowels are intimately concerned.

Let us begin with Coſtiveneſs, which generally awaits on Jaundices, Inflammations of the Bowels, Dry Belly-achs, Hypocondriac and Hyſteric Paſſions, Melancholy and Madneſs. When young children labour under it, we may be certain they are breeding teeth.

The Looſeneſs, when attended with green ſtools, accompanies the Meaſles; when with violent Gripes, foretells the Bloody Flux; when with a violent Cough and Night-ſweats, the laſt ſtage of a Conſumption. When it affects children, it proceeds from bad Milk, Breeding of Teeth and Worms.

As to their colour, when they are black and ſtinking, they denote the Hyſteric Paſſion; when bloody, the Bloody Flux; when mixed with matter, an abſceſs burſt in the ſtomach or bowels;

when they come off in round greeniſh-black balls, like ſheeps dung, they are ſymptoms of the Devonſhire Colic; and when white and dry, of the Yellow Jaundice.

I have now given you a detail of ſymptoms, which, if diligently attended to, will enable you to form a proper judgment of moſt diſeaſes incident to the human body; and, in the next place, ſhall lay before you a collection of approved receipts, extracted from the beſt authors both ancient and modern; to which is ſubjoined a catalogue of diſeaſes, directing you to the medicines neceſſary for their relief.

THE

DISPENSATORY.

OBSERVATION.

The doſes here ordered are intended (if not mentioned to the contrary) for full grown perſons of ſtrong conſtitutions. For younger or more weakly ſubjects, the doſes muſt be proportionably leſs. Suppoſe then the full doſe is four ſcruples; for a perſon between fourteen and twenty-one, three ſcruples, or three parts in four, is a doſe; for one between ſeven and fourteen, two ſcruples, or one half, is ſufficient; for one of four years, a fourth part, or one ſcruple; to one of a year, eight grains ſhould be given.

You muſt obſerve, that

Twenty grains	MAKE	One ſcruple,
Three ſcruples		One dram,
Eight drams		One ounce,
Twelve ounces		One pound.

THE

THE DISPENSATORY.

A.

Ale *purging for the* Evil.

TAKE Senna half a pound, Monks Rhubarb ſeven ounces, Roots of ſharp-pointed Dock and Polypodium of each four ounces, Mezerion Roots three ounces and half, Orange Peel ſix ounces, Antimony powdered and looſely tied up in a rag one pound. Boil theſe ingredients in four gallons of Ale till it comes to three; then ſtrain it off, and keep it for uſe. The doſe is a pint every morning early.

This drink is well calculated for what its title expreſſes; and it has been frequently uſed to good advantage in the Scurvy, Leproſy, and many Diſeaſes of the Skin, which proceed from a vitiated blood; but, like other medicines of this claſs, ſhould be continued for ſome time.

B.

Balsam *to eaſe* Pains.

TAKE Caſtile Soap one ounce, Opium half an ounce, Camphire ſix drams, Saffron one dram, Brandy a pint. Let them digeſt together ten days; then ſtrain it off. The doſe is from fifteen to fifty drops in a draught of any warm liquor.

We owe this compoſition to Dr. Bates, and indeed it is the beſt in his whole collection. It is of ſuch extenſive uſe, that every family ought to keep it in their houſe. It gives immediate eaſe in the moſt violent fits of the Colic, Stone, and Gravel. Outwardly applied, it eaſes the moſt racking pains of the Gout; and taken inwardly for the ſame, will often procure a remittance from pain, when every thing elſe hath failed.

Friers Balsam.

Take Balſam of Peru two ounces, Storax Calamites four ounces, Gum Benjamin ſix ounces, Angelica Root, Flowers of St. John's Wort, Socotrine Aloes and Frankincenſe of each an ounce, rectified Spirit of Wine a quart. Digeſt together till the Gums are diſſolved; then ſtrain it off. The doſe is ſixty drops on a Lump of Sugar,

or

or in a Glaſs of Wine. If you apply it outwardly, it ſhould be dropt on Lint.

This is a moſt noble Medicine, and endued with a catalogue of virtues. It braces up weak ſtomachs, gives relief in Wind Colics, ſtops the Vomiting that attends Gravelly Complaints, recalls the ſinking ſpirits in Fainting Fits, and moſt wonderfully reſtores thoſe who are weakened by any violent Fluxes. Neither does it deſerves to be leſs extolled for its external than its internal uſe. It heals all Green Wounds by Agglutination, gives eaſe in the Toothach, is very uſeful in cleanſing all old Ulcers and Sores, and is very efficacious in ſtopping Mortifications.

Balſam of Sulphur with Aniſe-ſeed. The doſe is ten drops on a Lump of Sugar twice a day.

This is a good Medicine for Coughs and Aſthmas.

Bolus *for the* Dropsy.

Take Gamboge fifteen grains, Cream of Tartar ten grains, Syrup of Buckthorn ſufficient to make it into a Bolus; to be taken early in the morning once a week.

There is ſcarcely a better Purge than this in moſt Dropſical Caſes, but on account of its roughneſs it ſhould not be given to tender conſtitutions.

Bolus *for a* Looseness.

Take Rhubarb powdered and toaſted ten grains, Diaſcordium two ſcruples, Oil of Cinnamon one Drop; mix them into a Bolus.

This taken once a day, for two or three days following, will not fail of its desired success.

Mercurial Bolus.

Take Calomel finely prepared ten grains, Camphire two grains, dissolved in a drop or two of Spirits of Wine, Conserve of Roses half a dram. Mix them into a Bolus, to be taken at night going to bed, and to be worked off the next morning by the common purging Potion.

Where the Blood and Juices are in a vitiated State, and Purging is necessary, there can be no Medicine more useful than this: it is a much better method of giving Mercury than by joining it with a Purge, and giving it early in the morning.

Viper Broth.

Take a dried Viper, skinned, &c. put it into a sauce-pan with a quart of water, boil it gently to a pint and half, let it stand till cold, and if there is any Fat on the top take it off. Then take a Chicken, draw and strip it of its skin and fat, put it into the liquor, and keep it on the fire till it boils; then take it out and cut it to pieces; put it again on the fire, let it boil a few minutes, take off the scum, and pour it off.

Whatever opinion some people might entertain of Viper Broth, the generality of the world looks on it as very little, if any thing, superior to Chicken Broth.

C.

Cataplasm *to eaſe* Pain.

TAKE White Bread and Milk a ſufficient quantity, with a handful of Mallows ſhred fine, boil it to the conſiſtence of a Poultice, ſoften it with Hog's Lard or Elder Ointment, apply it warm to the part, and renew it as often as it grows dry.

Cataplasm *to raiſe* Blisters.

Take Crow's Foot a handful, Flour of Muſtard and Vinegar of each about half a ſpoonful; beat them well together.

The common people often uſe this as a Bliſter, and it generally anſwers very well.

Cataplasm *for the* Feet.

Take Flour of Muſtard and Wheat Flour of each equal parts, Vinegar a ſufficient quantity to make it of the conſiſtence of a Poultice; ſpread it thick on rags, and apply it to the Soles of the Feet.

In Fevers that violently affect the Head, and where the Patient wants to be rouſed, theſe anſwer a very good in-

tention. They are very ſtimulating, and very efficacious in drawing the blood and ſpirits from the head into the extremities.

Cataplasm *for the* Rheumatism.

Take Elder Flowers a pound, bruize them well, and add a quarter of a pint of hot Vinegar, and an ounce of Rock Salt. Make it into a Poultice, to be applied to the affected part every other day.

This is chiefly intended againſt that ſpecies of Rheumatiſm termed Sciatica, or Hip-Gout; and ſometimes affords relief.

Cataplasm *for recent* Strains.

Take Bran and Vinegar, ſufficient quantities of each to make a Poultice. Apply it cold, and renew it as often as it grows dry.

This is a very uſeful application, and will afford great relief, if uſed ſoon after the accident. But the Opodeldoc ſhould be uſed in three or four days, to complete the cure.

Common Cerate.

Take yellow Bees Wax half a pound, Olive Oil a pint and a quarter. Melt them together, and ſtrain it off.

This acts very mildly, and will do very well for thoſe people with whoſe fleſh Turpentines diſagree. It is likewiſe much eſteemed in Burns.

D.

Alterative Decoction.

TAKE Sarſaparilla, Red and White Saunders, Saſſafras, Guaicum, and Rhodium Woods, of each half an ounce, Antimony powdered, and tied up in a rag, one ounce. Pour on theſe ingredients five quarts of boiling water; let them ſtand together in a pan cloſe covered twenty-four hours, then boil it to half, ſtrain it off, and bottle it for uſe. The doſe is half a pint, night and morning.

This is an old preſcription; but as an alterative of the Blood and Juices, and for carrying off Diſeaſes of the Skin, and aſſiſting in the cure of old Ulcers, few medicines excell it.

Diuretic Decoction.

Take Parſley Root one ounce, Wild Carrot-ſeeds three drams, Leaves of Pellitory of the Wall half an ounce, Spring Water three pints; boil it to a quart, and add Clarified Honey three ounces. The doſe is a quarter of a pint warmed, three or four times a day.

This powerfully ſcours the Urinary Paſſages, and conſequently is very uſeful in Fits of the Gravel, or any Stoppage of Water.

Decoction *of* Elm-Bark.

Take of the Inner Bark of Elm a pound, boil it in ſix quarts of Water till it comes to a gallon, ſtrain it off, and take half a pint three times a day.

This is intended for cleanſing the Maſs of Blood, though I cannot ſay I ever ſaw any remarkable good effects from its uſe; but having been much countenanced a few years ago in our hoſpitals, I was willing to inſert it.

Decoction *for* Glysters.

Take Common Mallows and Camomile Flowers of each an handful, Aniſeed a quarter of an ounce. Boil theſe ingredients in a pint of Water till it comes to little more than half; then ſtrain it off for uſe.

By adding to this Decoction four ſpoonfuls of Olive Oil, two ounces of Brown Sugar, and a large ſpoonful of Salt, you have a uſeful common Glyſter.

Decoction *for the* Gout.

Take Burdock Roots four ounces, Ground Pine four handfuls, Water three pints. Boil to a quart, ſtrain it off, and add Simple Tincture of Guaiacum, as hereafter ordered, one ounce. The doſe is a quarter of a pint three times a day.

We have here a very good medicine for the Gout and Rheumatiſm, the Burdock having been always eſteemed a ſovereign remedy for thoſe diſeaſes; to which the Ground

Pine

Pine is an happy addition. If therefore any dependance may be had on theſe ſimples, this preparation of them bids the faireſt for ſucceſs.

Decoction *of* Hempseed.

Take Hempſeed three ounces, Agrimony, Shepherds Pouch, Plantain, and Knot-Graſs, of each an handful and half, Water three quarts; boil it till it comes to two; then ſtrain it off, and ſweeten it with Sugar to your palate. The doſe is half a pint twice a day.

This is a mighty noſtrum with ſome people againſt Piſſing a-Bed, or making Bloody Urine; and indeed whoever hath experienced it for theſe complaints, will confeſs that it deſerves the ſtrongeſt recommendation.

Decoction *of* Logwood.

Take Logwood four ounces, Water three quarts; boil it till it comes to two; adding, at the latter end, a quarter of an ounce of Cinnamon. Strain it off, and take a quarter of a pint of it warm twice a day.

This is a noble compoſition for all violent Looſeneſſes, proceeding from what cauſe ſoever; the Logwood being endued not only with a binding quality to ſtop the Flux, but alſo a balſamic quality to heal the Soreneſs of the Bowels, occaſioned by the violent twitchings they have undergone from the fermenting matter contained in them.

Decoction *of* Madder.

Take Madder and Turmeric Roots bruiſed of each an ounce, Celandine and Centaury of each

an

an handful. Boil theſe ingredients in a pint and a quarter of Water till it is reduced to a pint; then ſtrain it off, and add ſpirituous Tincture of Saffron an ounce. The doſe is a quarter of a pint three or four times a day.

This is a very uſeful medicine in the Jaundice, and all Obſtructions of the Liver.

Pectoral Decoction.

Take Pearl Barley, Figs and Raiſins ſtoned, of each two ounces, Aniſe Seed and Liquorice Root of each half an ounce. Boil theſe ingredients in three pints of Water till it is reduced to a quart. Strain it off, and drink a quarter of a pint warm three times a day.

This is a good medicine for Coughs, and not-far-advanced Ulcerations of the Liver.

Pectoral cooling Decoction.

Add, to the above pectoral Decoction, Salt-petre three drams. The doſe is as before.

Where Hectic Heats attend on Coughs, this is a very good addition.

Pectoral strengthning Decoction.

Take of the Pectoral Decoction, without Salt-Petre, a quart, Water a pint, Peruvian Bark in fine powder two ounces. Boil it till a pint is boiled away; then ſtrain it off, and add *Aqua Mirabilis*, or plain Brandy, ſix ſpoonfuls. The doſe

doſe is four large ſpoonfuls three or four times a day.

All the Diſpenſatories in the world cannot furniſh us with a more noble medicine than this, for carrying off Hectic Fevers, Night Sweats, and, in ſhort, for giving relief in every ſtage of a Conſumption. In Intermitting Fevers, likewiſe, attended with a Cough, it is very ſucceſsful, and the beſt way of adminiſtring the Bark. When it is given in Conſumptions, the patient ſhould take the bigneſs of a nutmeg of the balſamic electary with the morning and evening doſe. If the violence of the Cough prevents his taking proper reſt, he ſhould take ſix grains of Storax Pill every night going to bed.

Decoction *of* Sarsaparilla.

Take Sarſaparilla ſliced eight ounces, Water ſix quarts; boil it to a gallon, ſtrain it off, and bottle it for uſe. The doſe is half a pint three or four times a day.

The virtues of Sarſaparilla have been ſufficiently made public by Dr. Hunter and Mr. Fordyce not to need any expatiating on in this place. It is ſufficient to ſay, that it is uſed in moſt courſes of alteratives as a very good ſweetner of the blood and juices. It is very efficacious in removing all ſtubborn cutaneous Eruptions and ſcrophulous Swellings, Leproſy, Pocky Ulcers, Night Pains, and Head Achs, from the ſame cauſe, and will generally ſucceed where a courſe of Mercury has failed.

Decoction *for the* Thrush.

Take powder of Japan Earth three drams, boil it in twelve ounces of Lime-water till it comes to

ten; ſtrain it off, and add Honey of Roſes two ounces, Sugar of Lead one ſcruple. The doſe is two large ſpoonfuls, to be held in the mouth ſome time, and gently ſwallowed down the throat. This ſhould be done ſeveral times a day.

We have here a certain cure for the abovementioned diſeaſe, which generally attacks children, tho' ſometimes it will fall on grown perſons; but then it generally proceeds from other diſorders, as Fevers, Inflammations of the Bowels, and violent Diarrhæas.

E.

The Alterative Electary.

TAKE Æthiops Mineral one ounce, Antimony reduced to a fine powder and Gum Guaicum of each half an ounce, Conſerve of Orange Peel one ounce and half, Syrup enough to make it into an Electary. The doſe is the bigneſs of a nutmeg twice a day, after which might be taken a doſe of the Sarſaparilla Decoction.

This Electary is uſed to a good advantage as an alterative. It is ſtrongly recommended in the Palſey, Rheumatiſm, and other Chronic Diſtempers. Great care ſhould be taken in getting the Antimony finely powdered, or otherwiſe it is very apt to corrode the coats of the ſtomach and bowels.

Electary *for the* Asthma.

Take White Soap and Clove Garlic of each half an ounce, Honey enough to make it into an Electary. Bruiſe the Garlic and White Soap very well together in a marble mortar, adding the Honey afterwards by little and little. The doſe is the bigneſs of a ſmall nutmeg twice a day, waſhing it with a draught of Hore Hyſſop Tea.

This is a good medicine to promote Expectoration, and free the Lungs from that load of Phlegm that occaſions the Moiſt or Pituitous Aſthma; but it is often neceſſary to begin with a Vomit of Ipecacuanha or Oxymel of Squills.

Balsamic Electary.

Take Conſerve of red Roſes and Lucatellus's Balſam of each one ounce, Balſam of Peru forty drops; make them into an Electary. The doſe is the ſize of a nutmeg twice a day, with a draught of Hyſſop Tea, or a quarter of a pint of Pectoral Decoction. Care ſhould be taken to procure Lucatellus's Balſam that is made with Dragon's Blood, it being far preferable to what is made with Saunders.

We have here an excellent remedy for all internal Bruiſes, Spitting of Blood, and Decays of the Lungs.

Electary *againſt* Spitting *of* Blood.

Take White Poppy and Henbane Seeds of each half an ounce, Conſerve of Red Roſes one

ounce and half, Syrup enough to make it into an Electary. The doſe is the bigneſs of a nutmeg twice or three times a day.

Mr. Boyle beſtows great encomiums on this Electary, for effecting what its title expreſſes; and indeed where the mouth of a ſmall veſſel is hindered from cloſing by the impetuoſity of the circulation, this medicine bids fair to make it ſubſide by the cooling qualities it is endued with. A draught of the Nitrous Infuſion drank after each doſe would be likely to render it more efficacious.

Electary *for the* Diabetes.

Take Peruvian Bark ſix drams, Alum in Powder two drams, Simple Syrup enough to make an Electary. The doſe is the bigneſs of a nutmeg twice or three times a day, with half a pint of Briſtol or Neville-Holt Water.

This medicine, from its aſtringency and ſtypticity, is not only remarkably ſerviceable in the Diabetes, but alſo in all manner of Fluxes; even in Intermitting Fevers or Agues, you will ſometimes find that the Bark aſſiſted by the Alum is rendered much more efficacious.

The Simple Febrifuge Electary.

Take Peruvian Bark finely powdered one ounce, common Treacle enough to bring it to the conſiſtence of an Electary. The doſe is a tea-ſpoon full every four hours, whilſt the fit is abſent, with a draught of Baum Tea.

This is a very ſimple method of adminiſtring the Bark in Agues or Intermitting Fevers; but whoever tries it will be convinced, it is not the leſs efficacious on that account.

The

The Compound Febrifuge Electary.

Take Peruvian Bark half an ounce, Venice Treacle two drams, Lemon Juice a large ſpoonful, Syrup enough to make it into an Electary. The doſe is the bigneſs of a nutmeg every four hours in abſence of the Fit, with a draught of Baum Tea or Wine and Water warmed.

It is doubtful to ſay which of theſe two Electaries anſwers beſt; the intention of inſerting both was as a corps de reſerve, in caſe one ſhould fail.

Electary *for the* Gout.

Take Honey three ounces, Ætherial Oyl of Turpentine two ounces. Mix them well together. The doſe is a ſmall Tea-ſpoon full twice a day.

This acts very powerfully in Gouty, Rheumatic, and Gravelly Diſorders, and where the patient's blood is not in an inflamed ſtate, it is likely to be as efficacious as it will be eaſily prepared.

Opening Electary *for the* Gravel *in the* Kidneys.

Take Lenitive Electary one ounce and half, Venice Turpentine or Balſam Capivi half an ounce, Cream of Tartar two drams. Mix them. The doſe is the bigneſs of a nutmeg twice a day, with half a pint of Barley-water or Marſhmallow-root Tea.

This

This may not only be uſed to advantage in Gravelly Complaints, but likewiſe in Gonorhœas where the Inflammation has been carried off.

Electary *for the* Gravel *and* Stone.

Take Caſtile Soap ſhaved thin four ounces, Oyl of Aniſe-ſeed and Juniper-berries of each one dram. Mix them. The doſe is the bigneſs of a nutmeg three or four times a day. A pint or two of Lime-water (if the ſtomach will bear as much) ſhould be drank every day whilſt you are taking it.

This is the only medicine, aſſiſted by the Lime-Water, that can be depended on as a diſſolver of the Stone; and indeed this acts ſo ſlowly, that it muſt be continued a long while before any effects will be viſible. Neither ſhould we confine the patient to any ſtrict doſes, he ſhould take as much Soap and Lime-Water as his Stomach will bear, and when he finds it begins to nauſeate it, leſſen the quantity for a little while afterwards.

Nervous Electary.

Take Wild Valerian Root and Peruvian Bark in powder of each equal quantities, Spirit of Vitriol twenty drops, ſimple Syrup enough to make it into an Electary. The doſe is a tea-ſpoon full three times a day, with a quarter of a pint of Sage or Chamæmile-flower Tea.

In all Nervous, Hyſteric, or Hypocondriac Diſorders, that proceed from Relaxations, there is no medicine excels this. It braces up the nerves, gives an elaſticity to the muſcles,

muſcles, and, as it were, diffuſes a new life thro' the whole man.

Electary *for the* Palsey.

Take Muſtard-ſeed powdered two ounces, Caraway-ſeed and Winters Bark of each two drams, Ginger one dram, Oil of Turpentine one dram and half, Simple Syrup enough to make an Electary. The doſe is a tea-ſpoon full twice a day, with a draught of Valerian Tea.

This greatly warms and comforts the nervous Syſtem, and rouſes the ſluggiſh Spirits even to admiration.

Electary *for the* Piles.

Take Lenitive Electary two ounces, Flour of Sulphur one ounce, Saltpetre half an ounce, Syrup or Clarified Honey enough to make an Electary. The doſe is tea-ſpoon full twice a day, with a draught of Mallow Tea or Cheeſe Whey.

This is as uſeful a compoſition for the Piles as any to be met with, and if diligently taken on the firſt ſuſpicion of this diſeaſe, will generally prevent all the troubleſome conſequences that often attend them.

Purging Rheumatic Electary.

Take two or three drams of Electary of Scamony twice a week.

This is an excellent Purge in Rheumatiſms proceeding from a cold cauſe, for by its briſkneſs and warmth it ſearches and ſcours the inmoſt receſſes of the body.

Electary *of* Steel.

Take Conſerve of Roman Wormwood two ounces, Steel prepared one ounce, powdered Ginger half an ounce, ſyrup enough to make an Electary. The doſe is the bigneſs of a nutmeg twice a day, with a draught of Rue or Pennyroyal Tea.

This is a very good female medicine, it warms and puts in motion the lazy blood, removes obſtructions, and cures a depraved appetite. To make it ſtill more powerful, it ſhould now and then be aſſiſted with a doſe of Tincture of Hiera Picra.

Strengthning Electary.

Take Yellow Roſin in powder one ounce, Rhubarb Powder three drams, Conſerve of Roſes half an ounce, ſyrup enough to make an Electary. The doſe is the bigneſs of a nutmeg twice a day, with a draught of the Aſtringent or Iſinglaſs Milk, or Comfrey Root Tea.

This Electary ſeems very well calculated for the title it bears; it is chiefly uſed for the Whites in women, and is very ſerviceable in obſtinate Fluxes of the Belly and old Gleets.

Electary *to diſpel* Wind.

Take Angelica-ſeed, Parſley and Caraway-ſeed of each equal parts; powder them, and with Syrup make them into an Electary, of which a tea-

tea-ſpoon full might be taken twice a day, with a draught of Chamæmile-flower Tea.

Elixir Salutis.

Take Leaves of Senna two ounces, beſt Rhubarb, ſweet Fennel Seeds, Juniper Berries and Liquorice Root of each one ounce, French Brandy three pints. Let them ſtand together four or five days, then ſtrain it off, and add Brown Sugar Candy in Powder four ounces. The doſe is a ſpoonful or two at night going to bed, and two or three early next morning.

This anſwers all the intentions of Daffy's Elixir, and in all Colicks that proceed from Wind and Indigeſtion will afford great relief. It is likewiſe a good Purge once a week for people of a cold, phlegmatic conſtitution.

Acid Elixir *of* Vitriol.

Take forty drops of it in a glaſs of Water, or Wine and Water, every day an hour before dinner, and alſo about three or four hours after. When it is given to ſtop profuſe Sweating, twenty drops may be taken every ſix hours.

This medicine admirably braces up the relaxed fibres of the ſtomach, promotes digeſtion, and ſtrengthens a decayed appetite. It is very uſeful in reſtoring the ſolids to their proper tone after tedious ſickneſſes, eſpecially if aſſiſted by the Cold Bath. If we join ſix drams of Tincture of Bark with two drams of this Elixir, the medicine will be greatly improved. The doſe then will be two tea-ſpoons full, to be taken as before.

Balsamic Emulsion.

Take Spermaceti (or Palmaſitty) two drams, diſſolve it in a ſmall quantity of the Yolk of an Egg by rubbing it well together in a marble mortar; then add fine Sugar half an ounce, Roſe-water twelve ſpoonfuls, French Brandy three ſpoonfuls. The doſe is two or three ſpoonfuls, often ſhaking the vial.

Delicate Stomachs, that cannot bear oily medicines, will generally find this to anſwer their intention, and ſet very eaſy. It is very uſeful to abate the Tickling of Coughs, and heal thoſe little Ulcerations of the Lungs that happen in the beginning of Conſumptions. Where reſt is wanting, it will be proper to add to this Emulſion two drams of Paregoric Elixir.

Oily Emulsion.

Take fine Olive Oil an ounce and half, Simple Syrup or Clarified Honey one ounce, Pure Water a quarter of a pint, Spirits of Hartſhorn thirty drops. Shake them well together, and take two large ſpoonfuls ſeveral times a day.

This is given with ſucceſs to appeaſe the violence of Coughs, which, by continually irritating the Lungs, bring on Inflammations that often end in fatal Abſceſſes. If it is not too nauſeous for the ſtomach, which ſometimes is the caſe, the Cold-drawn Linſeed Oyl ought to be preferred to that of Olives.

Essence *of* Antimony.

Take Glaſs of Antimony in very fine powder half an ounce, Madeira or Old Mountain Wine three quarters of a pint; let it infuſe ten or twelve days, then filtre it through paper. The doſe is from twenty to an hundred drops twice a day.

Dr. Huxham, whoſe preſcription this is, ſays, that this Eſſence poſſeſſes all the virtues of Antimony, and, from repeated experience, we have great reaſon to believe it. It is moſt excellent either in the Cold or Inflammatory Rheumatiſm, and might be given ſafely and ſucceſsfully in Slow or Intermitting Fevers. It promotes Perſpiration, opens Obſtructions, and penetrates the inmoſt receſſes of the body. It is a good alterative, given in half a pint of Sea-water every morning, though perhaps it might at firſt act as a purgative, yet that effect generally ceaſes after a few mornings taking. It ſhould be given only to twenty drops at firſt, but you may encreaſe five every day (unleſs it makes the patient very ſick), till you give an hundred. If you take it for the Rheumatiſm, you may take it (if inflammatory) in Baum-tea or Barley-water; if it is of the cold kind, in Buckbean-tea or White-wine Whey.

Extract of Liquorice, *called* Spanish Liquorice.

Take the ſize of a ſmall bean, hold it in your mouth till diſſolved, ſwallowing your ſpittle.

This is generally uſed to abate the Tickling of Coughs: but the reaſon of its being introduced here, was on account of its efficacy in removing the Heartburn, for which it is a common, but no leſs uſeful remedy. If there is reaſon to

think that the complaint proceeds from a foul Stomach, a Vomit will be neceſſary, and after it two or three doſes of Rhubarb Powder, with three or four days diſtance between each.

F.

Fomentation *for* Bleeding *at the* Nose.

TAKE Vinegar a pint, and diſſolve in it Alum in Powder one ounce. Dip a napkin in this Fomentation, and apply it cold to the temples, renewing it as often as it grows dry.

There are many external applications for this complaint, but this is eſteemed to be the beſt. If it fails, Bleeding, Bathing the Feet in warm Water, a Styptic to the Noſtrils, and the uſe of the Bark, will be often found neceſſary.

Fomentation *to eaſe* Pains *in the* Bowels.

Take Red Port Wine a pint, Mace and Nutmegs of each a quarter of an ounce; boil them gently about ten minutes, and foment the Belly with it as warm as it can be ſuffered.

This is a very comfortable application to the Bowels, and will often give eaſe in the moſt violent complaints of thoſe parts.

Common Fomentation.

Take Wormwood, Bay-leaves, and Roſemary, half a pound of each. Boil theſe ingredients

dients in ſix quarts of Water till it is reduced to a gallon. Pour it off, and uſe it twice a day.

This is uſeful in opening the pores of the ſkin to make way for the noxious particles to eſcape, that cauſe Swellings and Inflammations, and threaten Gangrenes. It cheriſhes the vital heat, and is of great ſervice to old, foul, ſtinking Ulcers; but if a quarter of a pint of rectified Spirits of Wine be added to each quantity of the Fomentation uſed at one time, it will render it much more efficacious.

Fomentation *of* Poppy-Heads.

Take White Poppy-Heads four ounces, bruiſe and boil them in two quarts of Water till it comes to one. Strain it off, and add four ſpoonfuls of diſtilled Vinegar. It is to be uſed twice a day.

This acts as an Anodyne or Eaſer of Pain, and its chief virtues conſiſt in taking off Inflammations of the Eyes by its cooling particles; in which caſe, whoever tries it, will be convinced it is excellent. The Vinegar ſometimes is omitted.

Strengthening Fomentation.

Take Ground Oak Bark three ounces, Pomegranate Peel half an ounce, Smith's Forge-water three pints; boil it to a quart, and add whilſt hot Roch Alum a quarter of an ounce. It muſt be applied twice a day to the affected parts as warm as the patient can bear.

This is a very ſerviceable remedy for Ruptures that invade young children, and is very efficacious in checking Fluxes of the Belly.

G.

G.

Common Gargle.

TAKE Marſhmallow Roots and Figs of each one ounce, Salt-petre one dram, pure Water three pints; boil it till it comes to a quart. Rince the mouth with it often.

The intention of this is to cool and ſoften the tongue and jaws, when parched up by internal heats, proceeding from Fevers.

Gargle *for a* sore Mouth.

Take Honey of Roſes and ſimple Tincture of Myrrh of each an ounce, Roſe-water two ounces. Mix them. Rince the mouth well with a ſpoonful of it often.

This cleanſes and heals all Ulcers of the Tongue, Mouth, and Gums. If the body ſhould be coſtive and hot, a doſe or two of cooling Phyſick will be neceſſary. It is likewiſe ſerviceable in curing the Scurvy of the Gums, and faſtening the Teeth.

Gelly *of* black Currants.

The making this is ſo well underſtood in moſt families, that nothing more will be neceſſary to be ſaid of it, only juſt to take notice, that being almoſt

almoſt a Specific in ſore Throats, it ought to be kept at hand by every houſekeeper.

Gelly *of* Quinces, *or* Marmalade.

The method of making this is likewiſe well known to moſt houſekeepers. It is of an aſtringent quality, and may be eat freely in all violent Purgings. The word violent is mentioned becauſe gentle Purgings are ſalutary, being oftentimes the efforts of nature to carry off ſome unknown diſorders by means of theſe evacuations; therefore they ought not to be checked.

Glyster *for* Children.

Take Milk ſix ſpoonfuls, Syrup of Roſes one ſpoonful, Oil of Aniſe-ſeed ſix drops. Mix them for a glyſter to be thrown up warm.

This may be ſafely and ſucceſsfully given to the youngeſt children, when they are troubled with any complaint that proceeds from Coſtiveneſs or Wind pent up in the Inteſtines.

Glyster *againſt the* Colic.

Take a pint of ſtrong Mutton Broth, made from a Neck or Loin of Mutton, and add to it one dram of Liquid Laudanum. Give it warm by way of Glyſter, and repeat it for the occaſion.

This is an excellent Glyſter for what its title expreſſes, and if aſſiſted by Purgatives, ſuch as the Cholic Pills, will procure

procure ſtools when every thing elſe has failed. If the Warm Bath is made uſe of, which will be ſometimes found neceſſary, this Glyſter ſhould be adminiſtred immediately on coming out of it.

Glyster *againſt the* Bloody Flux.

Take Starch two drams, pour on it half a pint of boiling Water, let it ſimmer gently over a ſlow fire a few minutes, continually ſtirring it; then take it off, and add ſixty drops of Liquid Laudanum. Give it by way of Glyſter, and repeat it for the occaſion.

This is an excellent aſtringent Glyſter: it cauſes the Fermentation in the Bowels to ſubſide, by ſucking up the faulty matter; it heals the Soreneſs of the Inteſtines, and ſupplies them with an artificial Mucus.

Turpentine Glyster.

Take of the common Decoction for Glyſters three quarters of a pint, Venice Turpentine rubbed with the Yolk of an Egg till diſſolved half an ounce, Honey two ounces, common purging Salts half an ounce. Mix gradually, and give it warm by way of Glyſter.

Few medicines ever anſwered better in fits of the Stone or Gravel than this. It opens the body, and acts powerfully by urine at the ſame time; but where the complaint is very violent, Bleeding will be at the ſame time abſolutely neceſſary to prevent Inflammation, and the uſe of the Warm Bath to open and relax the paſſages.

I.

Infusion *of* Buckbean.

TAKE the Leaves of dried Buckbean two ounces, boiling Water a quart and a quarter of a pint, let it ſtand two hours, ſtrain it off, and take half a pint twice a day.

This is a common preſcription for the Rheumatiſm, and is oftentimes attended with good ſucceſs.

Infusion *of* wild Carrot Seed.

Take Wild Carrot Seed half an ounce, boiling Water a pint, let it infuſe two hours, then ſtrain it off and add Honey two ounces. The doſe is a wine glaſs warmed every four hours.

This medicine briſkly ſcours the Urinary Paſſages, and where the Gravel is ſmall enough to paſs through them, will often prove effectual in bringing it off.

Infusion *of* Centaury *the leſſer.*

Take Tops of the Herb Centaury two handfuls, boiling Water a quart and a quarter of a pint. Infuſe two hours, and then ſtrain it off. The doſe is half a pint twice a day.

This is very uſeful in the Jaundice, Female Obſtructions, Scurvy, and Gout. It ſtrengthens the Tone of the Stomach, and kills Worms.

Cooling Diuretic Infusion.

Take of Parſley and Aſparagus Roots bruiſed of each an ounce, boiling Water a quart. Infuſe half an hour, ſtrain it off, and add Salt Petre three drams, clarified Honey two ounces. The doſe is half a pint of it warmed twice a day.

This is very cooling, and powerfully provokes Urine. It is given to advantage in the Strangury, aſſiſted by the Camphire Bolus.

Infusion *of* Mountain Flax.

Take Mountain Flax two ounces, boiling Water a pint and half, let it ſtand till cold, then pour it off. The doſe is half a pint every morning for three mornings ſucceſſively.

This is a receipt for the Rheumatiſm mightily in faſhion with the common people. It will ſometimes purge very briſkly, and perhaps might by that means prove uſeful.

Infusion *of* Hore Hyssop.

Take Hore Hyſſop freſh gathered two large handfuls, boiling Water a quart; let it be poured off as you drink it, and be uſed as a common liquor.

There is not an Engliſh herb yet diſcovered that is ſo good a pectoral as Hore Hyſſop. It is of great efficacy in all Coughs and Soreneſſes of the Lungs, it promotes Expectoration, cuts Phlegm, and is very effectual in the Moiſt Aſthma. It helps Digeſtion, and ſtrengthens the Stomach.

Infusion *for the* Jaundice.

Take freſh Sheeps Dung a large handful, Ale a quart. Infuſe twelve hours. The doſe is half a pint twice a day with the Jaundice Powders hereafter mentioned.

This is an uſeful medicine in the Jaundice, and powerfully ſcours the Liver, but is very naufeous to the generality of Stomachs.

Infusion *of* Linseed.

Take two large ſpoonfuls of Linſeed, and half an ounce of Liquorice Root bruiſed, boiling Water a quart; let them infuſe a few hours, then pour off, and drink the Liquor warm for a common drink.

This is ſoftening and cooling, which renders it highly ſerviceable to be drank in Coughs, and likewiſe in Heat and Difficulty of Urine.

Infusion *for the* Palsey.

Take Horſe Radiſh ſcraped and Muſtard Seed bruiſed of each an ounce, Gentian Root ſliced and Caraway Seed bruiſed of each a quarter of an ounce, boiling Water a pint and half; let them infuſe two hours, then ſtrain off the Liquor, and add French Brandy a wine glaſs full. The doſe is a quarter of a pint twice a day.

This compoſition ſeems very well adapted for raiſing the depreſſed ſpirits, putting the too languid blood into a briſker

circulation, and bracing up the relaxed fibres of the body, It is a fine warm Diuretic, and conſequently very uſeful in the Dropſy.

Pectoral Infusion *or* Apozem.

Take Perle Barley and Liquorice Root of each three drams, Maidenhair two drams, Salt Petre three drams, boiling Water a quart; let them ſtand together a quarter of an hour, then ſtrain it off, and add clarified Honey an ounce and half, French Brandy ſix ſpoonfuls. Mix. The doſe is a quarter of a pint warmed ſeveral times a day.

A more efficacious medicine, in Coughs, ſore Throats, and Hoarſeneſſes, cannot be prepared. It takes off the Fever which generally attends theſe diſorders, cuts the Phlegm, and promotes Expectoration. It has this recommendation likewiſe, that it is agreeable to the Palate, and ſets eaſy on the tendereſt of Stomachs.

Infusion *of* Pellitory *of the Wall.*

Take freſh Pellitory of the Wall one ounce, boiling Water a pint, let it infuſe half an hour, and drink it for a common drink.

By ſome this is ſtrongly recommended in the Dropſy. Nay inſtances have been mention'd where it has perfected a Cure. All the Author can ſay of it is, that it is Cooling and Diuretic.

Infusion *of* Indian Pink.

Take Indian Pink three drams, pour on it half a pint of boiling Water, let it ſtand half an hour before

before the fire, then pour off the Infuſion, and let the Patient take it early in the morning. It muſt be taken three mornings ſucceſſively.

This is highly extoll'd by ſome people for the Worms, and the good effects of it are very often viſible. The Doſe here order'd is not too large for children above eight years of age, but thoſe that are younger might take a leſſer Doſe. Care ſhould be taken to ſee the Roots properly clean'd from the dirt with which they are generally daub'd, otherwiſe it will make the patient very ſick.

Infusion *of* Sena.

Take Sena Leaves half an ounce, Caraway Seeds bruiſed two drams, boiling Water a pint, let them infuſe in an earthen veſſel cloſely covered before a gentle fire an hour, then ſtrain it off.

This is uſed chiefly in the common purging Potion, as will hereafter be directed.

Infusion *of* Snake-root.

Take Snake-root an ounce, boiling Water a pint and half, let it ſtand in an earthen veſſel cloſely ſtopped for the ſpace of an hour, drink a tea-cup of it three or four times a day.

In ſlow Fevers, where the Pulſe and Spirits are very low, this Infuſion deſerves to be recommended. It is endued with this good Quality, that whilſt it elevates the Spirits and Pulſe, at the ſame time it ſuppreſſes the Fever.

Infusion *of* Valerian.

Take Wild Valerian Root an ounce, boiling Water a pint and half. Let it ſtand an hour in a cloſe veſſel before a gentle fire, when it is cold pour it off, and add compound Spirit of Lavender an ounce. The doſe is a wine glaſs three or four times a day.

Amongſt all the medicinal Simples now in uſe, there is none more eminent in its claſs than wild Valerian Root, and in all the forms in which it is taken (next to taking it in ſubſtance) this is the beſt. It is juſtly eſteem'd a Cephalic Cordial, and a great comforter of the Nerves.

Julep *of* Life.

Take the Yolks of two Eggs, rub them well in a glaſs or marble mortar, then add half an ounce of the beſt lump Sugar, on which have been dropt three drops of Chymical Oil of Cinnamon, rub it well together, and pour on it gradually twelve ſpoonfuls of generous Mountain Wine. The doſe is two ſpoonfuls often, ſhaking the vial.

In all decays of Nature, whether from waſting Diſeaſes, or old Age, this is a great Cordial and Reſtorative, and might perhaps ſupply the Lamp of Life a little longer than Nature without its aſſiſtance could of herſelf have done.

Saline Julep.

Take Salt of Wormwood two drams, freſh Lemon Juice ſix large ſpoonfuls, pure Water thirteen

thirteen ſpoonfuls, French Brandy a wine glaſs full, white Sugar half an ounce. Mix. The doſe of this Julep is four ſpoonfuls every ſix hours.

This Julep requires our particular regard, none being more uſeful in carrying off feveriſh Complaints, and appeaſing the tumultuous tide of the Blood. It ſettles the Stomach, ſtops Vomiting, is excellent in the Jaundice and all bilious complaints. In Fevers of the low kind, where Nitre is too cold, or apt to purge the patient, this affords remarkable relief, eſpecially if two ſpoonfuls of the Tincture of Bark be ſubſtituted in the room of two of the Brandy.

L.

Linctus *for a* Cough.

TAKE Conſerve of Hips two drams, rub it well in a marble or glaſs mortar, then add by degrees Syrup of Lemons two ounces, Oil of Almonds, or fine Olive Oil, an ounce and half. Mix. A tea-ſpoon full of this Linctus is to be taken as often as the Cough is troubleſome.

This Linctus cuts the Phlegm, promotes Spitting, and is equally as agreeable as it is uſeful.

Liniment *for the* Dropsy.

Rub in two or three ſpoonfuls of Olive Oil before a good fire over the whole Belly every night and morning.

This

This Medicine is only preſcribed in the Aſcites, where the Dropſy is confin'd to the Belly. If the Legs are much ſwell'd, Bliſters to the Ancles will poſſibly be productive of the greateſt ſervice. The Oyl was firſt brought into uſe for this diſeaſe by the late Dr. Oliver at Bath, who had promiſed himſelf remarkable ſucceſs from its uſe; nor have there been wanting inſtances in other people's practice to recommend it as an eaſy and ſometimes uſeful medicine.

Liniment *for Women's* sore Nipples.

Take Oil of Almonds an ounce, the Yolk of one Egg, mix them well together, then add Borax in fine Powder a dram. Rub it over the affected Parts very well twice a day.

This very well anſwers the intention it is order'd for.

Sir Hans Sloane's Liniment *for* sore Eyes.

Take Tutty prepared one ounce, Blood-ſtone finely levigated two ſcruples, Socotorine Aloes twelve grains, Pearl prepared five grains, Viper's Fat enough to make a Liniment. Anoint the Eyes with this Liniment, by drawing a Camel's Hair Pencil dipt in it between the Eye-lids, twice or three times a day.

Great are the encomiums beſtowed by Sir Hans Sloane, and others, on this Liniment for Soreneſs and Inflammations of the Eyes, and in ſome meaſure perhaps not undeſervedly.

Liniment *for* Tetters.

Take Oil of Almonds and Oil of Tartar of each equal parts. Shake the viäl, and dab the affected parts with it very well twice a day.

Nothing anſwers its purpoſe better.

Green Lohoch.

Take Venice or Caſtile Soap ſcraped fine two ſcruples, mix with it gradually, by continual rubbing, fine Olive Oil and Syrup of Violets of each one ounce. The doſe is a tea-ſpoon full of it three or four times a day.

The principal uſe of this Lohoch is to promote Spitting, and bring up the tough Phlegm, which intention it very well anſwers.

Pectoral Lohoch.

Take Palmaſity, or Spermaceti, and Conſerve of Roſes of each an ounce, Pectoral Syrup two ounces. Mix. The bigneſs of a nutmeg is to be taken twice a day.

This is a good Pectoral, and eaſily prepared, but ſhould be aſſiſted by the Pectoral Decoction or Infuſion.

Lotion *for the* Itch.

Take Sulphur Vivum in fine Powder ſix ounces, Lime Water a gallon, boil half an hour. Waſh the affected parts well with it twice a day.

This is a ſubſtitute for the Itch Ointment, but I doubt whether quite ſo certain, tho' it is rather more cleanly.

Lotion *againſt* stripping *in* Riding.

Take Spirits of Wine two ounces, Camphire and white Lead in Powder of each a dram, Sugar of Lead ten grains. Waſh the affected parts with it often, and its ſucceſs will be almoſt certain.

M.

Magnesia Alba.

This is a very pretty Medicine for Children, whoſe Stomachs generally abound with Acidities. It has this advantage over the Teſtaceous Powders, that it keeps their bodies open, whereas theſe generally render them coſtive. The beſt method of giving it is by mixing a dram and half of it with three ounces of Mint Water and half an ounce of ſimple Syrup, or two drams of lump Sugar. Let the Child, according to its age, take from one ſpoonful to three or four (by ſmall quantities at a time) in a day. If it is given as a Purgative, it muſt be in larger quantities, and Syrup of Roſes ſhould be ſubſtituted in room of the ſimple Syrup. If given to one dram at a doſe it is ſerviceable to grown perſons, and cures the Heartburn, which proceeds from Acidities in the Stomach, by carrying them downwards by gentle Evacuation. If they take it as a Purgative, the doſe for full grown perſons is from a quarter to half an ounce, in any vehicle they chuſe; if as an Alterative, two ſcruples might be taken twice a day.

Milk *againſt* Fluxes.

Take Oak Bark ground an ounce, Pomegranate Peel bruiſed half an ounce, boil them in equal parts, Milk and Water, three pints till it is reduced to a quart, adding at the latter end of the boiling two drams of Cinnamon in Powder. Strain it off, and take a large wine glaſs of it three times a day.

This is not a bad Preſcription in any kind of Fluxes, where Aſtringents may be ventur'd on, but gentle Evacuations ought generally to be premiſed. As for example, in Fluxes peculiar to the female ſex, they generally proceed from a Plethora (too great a fullneſs of the blood veſſels) or an Obſtruction, in which caſes Bleeding and Solutives muſt be neceſſary to remove the Cauſe before you endeavour to ſhut up the mouths of the Veſſels. The ſame holds good in regard to Fluxes of the Belly, (violent Purgings) there is generally ſome ſharp, bilious Matter lodged in the Inteſtines, which occaſions thoſe complaints: till that therefore is evacuated, Aſtringents are hurtful, ſerving only to ſhut up the Enemy within their Walls. Indeed, if the patient by the Flux ſhould be reduced to the greateſt ſtate of Weakneſs, the freer uſe of Aſtringents may be juſtifiable, but in that caſe every one's diſcretion will direct him.

Milk *againſt the* Jaundice.

Take three ounces of Hempſeed and boil it in a pint of milk till it is ſoft, then pour it off, and take it early in the morning. This doſe muſt be taken three mornings ſucceſſively.

This

This Preſcription has the ſanction of the great Mr. Boyle, and has been ſince ſtrongly recommended by Floyer. From its ſucceſs it wants no advocates for its character.

Milk *with* Isinglass.

Take Milk a quart, Iſinglaſs ſhaved an ounce, diſſolve it over a ſlow fire, and take a quarter of a pint of it three times a day.

The intention of this is much the ſame with the Aſtringent Milk, but it acts rather in an inferior degree.

Mixture *againſt the* Asthma.

Take Oxymell of Squills, pure Water, and ſtrong Cinnamon Water, of each two ounces. Mix and take two ſpoonfuls two or three times a day.

This medicine powerfully cuts tough Phlegm, opens Obſtructions of the Lungs, promotes the Urinary Diſcharge, in conſequence of which it is very ſerviceable in the moiſt Aſthma and Dropſy.

Hysteric Mixture.

Take Gum Ammoniacum a dram, Galbanum and Aſſafætida of each half a dram, rub them very fine, and pour on by degrees half a pint of Organ Water. The doſe is two ſpoonfuls often.

We are indebted to Dr. Radcliffe for this preſcription, and it is worthy the notice of ſo great a man, but it is rather too diſagreeable for ſome Stomachs to bear.

Mixture *to ſtop* Vomiting.

This is made by adding half a dram of Liquid Laudanum to half a pint of the Saline Julep. The doſe is two ſpoonfuls every two or three hours.

White Mixture.

Take Balſam of Capivi three drams, diſſolve it in the Yolk of an Egg, and add clarified Honey one ounce, Mountain Wine and Water of each a quarter of a pint. The doſe is three ſpoonfuls three times a day, ſhaking the vial.

This powerfully ſcours the Urinary Paſſages, and brings off Gravelly Concretions; you may add a few drops of Chymical Oyl of Juniper at diſcretion. If you ſubſtitute an ounce of Syrup Diacodion in the room of the Honey, in order to prevent the Balſamum Capivi from Purging, you will have an excellent medicine for Conſumptive Coughs and Ulcerations of the Lungs.

O.

Ointment *for the* Itch. No. 1.

Take Sulphur Vivum three ounces, crude Sal Ammoniac two drams, rub it fine, and then add thirteen ounces of Hog's Lard.

Anoint

Anoint the affected parts with it twice a day before a good fire.

Ointment *for the* Itch. No. 2.

Take Hellebore Powder an ounce and a half, Elicampane three drams, White Præcipitate a dram, Oil of Tartar half an ounce, Essence of Lemons or Ambergrease a dram, Hog's Lard fourteen ounces. It is to be used as the former.

Those people who will not bear the smell of Sulphur may use the last of these Ointments, being the next in efficacy to preparations of that kind.

Ointment *for* Burns.

Take yellow Basilicon, Ointment of Elder, and Ointment of White Lead with Camphire, of each an ounce. Mix them well together. Dress once a day.

This answers its intention very well, and was constantly used in Burns or Scalds by a late eminent Surgeon in London.

Ointment *for the* Pleurisy.

Take Ointment of Marshmallows an ounce and half, Oil of Turpentine two drams, Camphire a dram, Oil of Cloves thirty drops. Mix and rub some of it into the affected part twice a day.

In ſlight Pains and Stitches of the Side, eſpecially when they are pretty ſuperficial, this Ointment might be uſed to a good advantage, but in a direct Pleuriſy it would be more adviſeable to rely on Scarifications and Bliſters to the part.

Ointment *for* Scald-heads.

Take Tar four ounces, Bees-wax a quarter of an ounce, melt them together, and before it is quite cold ſtir into it Sulphur Vivum in fine powder an ounce. Rub the head with this Ointment very well every night and morning, and lay a bladder over it.

This will ſeldom fail, but ſhould be aſſiſted with proper Alteratives, and now and then a Mercurial Purge.

Opodeldoch.

Take Spirits of Wine a quart, Caſtile Soap three ounces, Camphire an ounce, Oils of Origanum, Roſemary and Lavender, of each two drams. Shave out the Soap very fine, and diſſolve it in the Spirits of Wine before a very gentle fire, then add the Camphire, and as ſoon as that is diſſolved, the Chymical Oils.

This is a good and eaſily prepar'd Opodeldoch, and a very uſeful application in Strains or Bruiſes, after a day or two uſing the Vinegar Poultice.

Simple Oxymel.

Take Honey a pound, Vinegar half a pound, boiling it in an earthen veſſel to the conſiſtence of a Sy-

a Syrup, ſcumming it well. The doſe is a large ſpoonful three times a day.

It is a ſimple but no leſs uſeful remedy to promote Spitting in Coughs, and if mixed with an equal quantity of fine Olive Oyl is ſtill improv'd.

P.

Green Peaſe *for* Issues.

TAKE Verdigreaſe and White Hellebore of each half an ounce, Spaniſh Flies fifteen grains, Orrice Root a ſcruple, Bees Wax a dram and half, Venice Turpentine enough to make it into Peaſe. Melt the Bees Wax and Turpentine together, then ſtir in the other ingredients in fine powder. Rowl them into Peaſe whilſt the maſs is warm.

They are very Corroſive, and will make Iſſues diſcharge properly, though in ſome habits of body occaſion a good deal of pain.

Alterative Pills.

Take Golden Sulphur of Antimony and prepared Calomel of each a dram, rub them well together in a marble mortar, then add Gum Guaiacum in powder two drams and a half, Conſerve of Hips a dram, Chymical Oil of Saſſafras ten drops; make it into a maſs, out of every

every dram of which form ten Pills. The doſe is three or four twice a day, with a quarter of a pint of Sea Water, or half a pint of Lime Water.

As an Alterative of the Blood and Juices no medicine exceeds theſe Pills, their uſe being the moſt extenſive of any yet diſcovered. They cure the Scurvy, French Pox, King's Evil, external Ulcers, and all Foulneſſes and Diſeaſes of the Skin. They have this remarkable quality which no other preparation with Calomel has, that they never Salivate, let them be given in what doſe ſoever. Their uſe therefore from experience is ſtrongly recommended in all theſe caſes.

Bennet Pills.

Take Socotorine Aloes two drams, Sena in Powder one dram, Aſſafætida, Galbanum and Myrrh of each half a dram, Salt of Steel three drams, Saffron and Mace of each fifteen grains, Oil of Amber twenty drops, Syrup enough to make it into a maſs; out of every dram of which make twelve Pills. The doſe is three or four night and morning, three or four times a week, waſhing down each doſe with a draught of Rue or Centaury Tea.

This is a Preſcription from Dr. Fuller. They are as good female Pills as can be adminiſtred. They remove Obſtructions, ſtrengthen the Stomach, and diſpel Hyſteric Wind; if they do not Purge, but only keep the Body moderately lax, they may be taken every day.

Pills *for a* Catarrh.

Take Rufus's Pill twelve grains, Storax Pill ſix grains; make it into three Pills to be taken at bed time.

Theſe warm and ſtrengthen the Stomach, eaſe Pains, and procure Sleep, they appeaſe Coughs, and carry off the Defluxions of Catarrhs.

Cephalic Pills.

Take Cinnabar of Antimony finely lavigated two drams, Galbanum a dram, Ruſſia Caſtor in powder two ſcruples, Oil of Roſemary twenty drops, Syrup enough to make it into a maſs; from every dram make ten Pills. The doſe is four night and morning.

In Head-achs, that proceed from Hyſteric Diſorders, or Obſtructions in the Capillary Veſſels of the Brain, theſe Pills are moſt excellent, but they ſhould be aſſiſted by proper Evacuations and Warm Baths to the Feet.

Colic Pills.

Take Pill Cochiæ two ſcruples, Calomel finely levigated ten grains, clean Opium a grain and half, chemical Oil of Mint two Drops. Make it into eight Pills. Take two every two hours till ſtools are procured and the pains relieved.

However terribly Colics, attended with Coſtiveneſs, may attack the patient, nay even where the Periſtaltic Motion of

the

the Guts is inverted, theſe Pills will generally procure relief. If the Complaint is attended with Vomiting, little or nothing ſhould be drank till the Pills have operated, leſt the patient ſhould throw them up. If the Diſeaſe attacks very violently give four immediately, and the remainder every three hours.

Pills *againſt the* Dropsy *and* Asthma.

Take freſh Squills two drams, Balſam of Peru a dram and half, Venice Soap a dram, Aromatic Species enough to make it into a maſs. Make ten out of every dram. The doſe is from three to five every night and morning, drinking after them a draught of Hyſſop Tea.

A happier Compoſition for the uſe it was intended was never invented than this: it deſerves our moſt particular regard.

Pills *of* Rhubarb *and* Mercury.

Take Rhubarb Powder half a dram, Calomel prepared eight grains (more or leſs according to the ſtrength of the patient) Oil of Nutmegs a drop, Syrup enough to make it into eight Pills. Take four of them at night going to bed, the reſt next morning, unleſs the night's doſe begins to operate, and then two will be ſufficient.

The Diarrhœa being owing to a lodgement of Crude Humours in the Inteſtines, theſe Pills are intended to remove them, and make way for Aſtringents. They are likewiſe a ſafe eaſy and efficacious Purge, and may be juſtly term'd a good Family Phyſic for both ſexes.

Stomach Pills.

Take Species of Hiera Picra half an ounce, Ginger two drams, Salt of Wormwood a dram, extract of Gentian two ſcruples, Elixir of Propriety enough to make a maſs. Ten Pills are to be made out of every dram, four of which may be taken twice a day, with a glaſs of ſimple Pepper-Mint Water, or Chamæmile Flower Tea.

To Stomachs oppreſſed with Wind, and labouring under Indigeſtion, theſe Pills prove very ſerviceable. They are excellent for the younger part of the Female Sex about the expected alteration of Life, being almoſt a Specific for Obſtructions at that age.

Corn Plaister.

Spread a bit of Mercurial Plaiſter with Ammoniacum on leather, and apply to your Corn, having firſt pared it very cloſe. Renew it once a week till it is cured.

Stomach Plaister.

Take Venice Treacle ſix drams, Aromatic Species two drams, Oil of Mint ſix drops, Oil of Wormwood two drops. Apply it to the Stomach, and renew it for the occaſion.

If any external application can penetrate ſo far as to have any effect in removing Diſorders of the Stomach, this bids very fairly for it. Its intention is to relieve Nauſeas and Vomiting, that proceed from a relaxed ſtate of that Organ.

Worm Plaister.

Take Mercurial Plaiſter and Socotorine Aloes of each two drams, Venice Turpentine two drams. Melt the Turpentine and Mercurial Plaiſter together, and ſtir in the Aloes in powder, then ſpread it on leather, and whilſt warm ſprinkle over its ſurface ten grains of bitter Apple in powder. It is to be applied to the navel, and renewed occaſionally.

As it is with the greateſt difficulty moſt children are brought to take proper internals, ſome people ſubſtitute Plaiſters in their room. If Plaiſters can deſtroy Worms, this Compoſition is the beſt calculated for it of any of the kind.

Common purging Potion.

Take Infuſion of Sena, before mentioned, two ounces and half, Syrup of Buckthorn one ounce, Elixir Salutis one ſpoonful.

This is a good but briſk Purge, and muſt be leſſen'd according to the age and conſtitution of the patient.

Æthiops Powders *for* Children.

Take Æthiops Mineral two drams, divide it into ſix papers, and give the child one every night and morning in a little Syrup, Treacle, or Honey. This is a doſe for a child of ten years of age. They ſhould be continued ſome time.

Many

Many people diſpute the virtues of Æthiops, but we may regard it in a middle light, being neither too fond of it, as ſome people are, nor deſpiſing it as many others do. It is uſeful againſt Worms, Diſeaſes of the Skin, and Rickets. If half a dram of Rhubarb Powder be join'd with this quantity, it will render it more prevalent.

Powder *againſt the* Bite *of a* Mad-Dog.

Take native and factitious Cinnabar of each twenty-four grains, Muſk ſixteen grains. Mix together.

This is the famous Specific of Sir George Cobb, and it is believ'd to be the only one that can be depended on in theſe caſes. He orders it to be taken with a glaſs of Arrack or Brandy immediately after the Bite, and to be repeated in about a month after. But it would be more ſatisfactory to take three doſes with the diſtance only of ten days between each. If any Symptoms appear it ſhould be given every three hours, with now and then a doſe of Opium, &c., as mention'd by Dr. Nugent. Where there are no Symptoms, the cold Bath ſhould be uſed every day. It would be right to Bleed the patient as ſoon after the accident as poſſible and to a large quantity, rubbing into the part bit, immediately after, half a quarter of an ounce of the Mercurial Ointment,

Powder *to ſtop* Bleedings.

Take Puff Balls gathered in Autumn, and ſave the Powder contained in them, apply it to the wound on ſome lint. If the part admits of it, make a tight bandage.

Powder *to haſten* Delivery.

Take Caſtor and Saffron of each ten grains, Borax one ſcruple, Oil of Cinnamon one drop; make it into a powder to be taken in a little Mountain Wine.

This Powder is uſeful to keep up the Spirits and aſſiſt the Pains of Women in Labour.

Powder *againſt* Pains *after* Delivery.

Take Spermaceti and white Sugar of each two ſcruples, make it into a Powder, then add Laudanum ten drops. Mix. It is to be taken in a little warm gruel ſoon after Delivery, and it will greatly reſtore a woman worn out with hard labour.

Dropsy Purging Powder.

Take Jallap Powder two ſcruples, Ginger and Salt of Tartar of each ten grains. This ſhould be taken in a glaſs of White Wine early in the morning twice a week.

It is an excellent Purge in the Complaint it is order'd for; but muſt be varied according to the ſtrength of the patient; if it is not ſtrong enough, add a quarter or half an ounce of Buck-thorn. Always remember that Purges given in Dropſies ſhould be very briſk, gentle Purges doing more injury than ſervice.

Fever Powders. No. 1.

Take Nitre one dram, Compound Powder of Contrayerva one dram and half, Snake-root in fine Powder one dram. Make it into a Powder to be divided into ſix parts, one of which is to be taken every ſix hours in Baum Tea.

Theſe are intended to open the Pores, and carry off the Malignancy of Fevers by Perſpiration. They are uſeful in Nervous Fevers, and likewiſe in thoſe of a Putrid kind; the Contrayerva and Snakeroot being both great enemies to Putrefaction. In giving Nitre you ought always carefully to attend to the Pulſe, if it ſinks beyond its proper ſtate, your doſe of it muſt be leſſen'd, if it riſes and is too ſtrong and full, you muſt either increaſe your doſe of Nitre, or leave out the Snake-root.

No. 2.

Take Compound Powder of Contrayerva a dram and half, Nitre and Diaphoretic Antimony of each one dram. Mix, divide, and take them as the others.

Theſe are intended chiefly for Fevers of the Eruptive kind, where Nature makes an effort to diſcharge the Morbid Matter, that conſtitutes the Diſeaſe, on the Skin.

No. 3.

Take Diaphoretic Antimony not waſhed twenty grains, Emetic Tartar two grains. Mix. Half of it might be given firſt, and the remainder three

three or four hours after, if the firſt is not attended with any remarkable effect; but in caſe it is, the patient may ſtay ſix or eight hours before he takes the laſt.

Many people affirm that this poſſeſſes the Virtues, and differs very little from the Compoſition of Dr. James's Powders. Indeed it often acts in the ſame manner.

Powder *againſt* Epileptic Fits.

Take a dram of Miſletoe in Powder twice a day in half a pint of Valerian Tea.

After proper Evacuations this might be ſerviceable, but the Peruvian Bark and Valerian is more ſtrongly recommeded.

Powder *againſt the* King's Evil.

Take burnt Sponge in Powder half a dram twice a day in a ſpoonful of Syrup of any kind, drinking after the morning doſe a glaſs of Sea Water.

This is a very good Medicine for that Diſeaſe, but it is very doubtful if the ſoft part of the Cuttle Bone, given in the ſame manner as recommended by Mr. Boyle, is not equally as good.

Powder *againſt* Intermitting Fevers *or* Agues.

Take Peruvian Bark half an ounce, Snake-root and Salt of Wormwood of each two ſcruples. Mix and divide it into four parts. Take one of them in a gill glaſs of Red Wine two hours after

the fit is off, another in the ſame manner the next morning, the third at night going to bed, the laſt the next morning after.

Few Agues can withſtand the force of this Medicine; neither is it ſo tireſome to the patient as the common methods of giving the Bark, which is more frequent, but in ſmaller doſes.

Powder *againſt the* bloody Flux.

Take Glaſs of Antimony in fine Powder one ounce, Bees-wax one dram; melt the wax in an iron ladle, then add the powder, ſet them on a ſlow fire without flame for the ſpace of half an hour, continually ſtirring them with a ſpatula. Take it from the fire, pour it on a piece of clean paper, powder it and keep it for uſe. The doſe is from two grains to twelve on an empty ſtomach, forbear drinking after it three or four hours, unleſs it Vomits, in which caſe drink warm Water as in other Vomits. In the intermediate days give ſome aſtringent Cordial.

This is a noble Medicine indeed, and deſerves the warmeſt recommendations.

Powder *againſt the* Hiccup.

Take ten grains of Muſk in a ſpoonful or two of any kind of Syrup, waſhing it down with a glaſs of White Wine.

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In all Convulſive Diſorders, no medicine equals the Muſk, yet a drop or two of Oyl of Cinnamon on a lump of Sugar will very often cure the Hiccups.

Powder *againſt the* Jaundice.

Take Saffron one dram, Turmeric half an ounce, reduce them to a powder. The doſe is as much as will lie on a ſhilling in the Infuſion of Sheep's Dung twice a day.

Powder *againſt a* Looseness.

Take any quantity of clean Bees-wax, melt it, and whilſt hot ſtir in as much powdered chalk as it will take up; when cold, powder it. The doſe is half a quarter of an ounce twice a day, with a doſe of the Decoction of Logwood.

This is cheaply and eaſily prepar'd, and no deſpicable medicine at the ſame time.

The Duke of Portland's Gout Powder.

Take Roots of Birthwort, Gentian, Tops of Germander, Ground Pine and Centaury, of each equal parts, dry and powder them together. Take one dram every morning in a little Wine and Water, faſting an hour and half after it. Continue it thus three months; three months more take two ſcruples in the ſame manner; the next half year half a dram will be a ſufficient doſe; and after the firſt year half a dram will be ſufficient

every other morning. In the Rheumatiſm, if it is not habitual, a few doſes will be ſufficient.

In the Rheumatiſm the uſe of this medicine may be ſerviceable, but in the Gout is ſcarcely adviſeable, eſpecially if the patient has been ſubject to it any time.

Styptic Powder.

Take Rock Alum and Dragon's Blood of each two drams, reduce to a fine powder, and divide it into twelve parts, one of which is to be taken every night and morning, with a quarter of a pint of the Water againſt ſpitting of Blood.

This is an excellent Compoſition againſt the Diſeaſe it is levell'd at, and cannot be improv'd unleſs half an ounce of Bark is added to it, and given as directed. It is very efficacious in every Flux of Blood, both external and internal.

A Powder *for the* Stone *in the* Bladder.

Take forty grains of calcined Egg-Shells in half a pint of Lime-Water twice a day.

If the Soap be adminiſtred in large quantities at the ſame time, there is not a greater Diſſolvent of the Stone yet diſcovered.

Powder *for the* Teeth. No. 1.

Take the white Aſhes that remain in the Pipe after the Tobacco is burnt out, and rub your Teeth with it on a ſoft rag every morning as ſoon you get up, rincing your mouth afterwards with cold Water.

We are indebted to Mr. Boyle for this Receipt. It whitens the Teeth, and if uſed conſtantly prevents the Tooth-ach.

No. 2.

TAKE Myrrh in Powder two drams, Tartar of Vitriol a dram. Mix them well together, and uſe it as the firſt.

The intention of this Dentifrice is to faſten looſe Teeth, by deſtroying the Spongy Fleſh on Scorbutic Gums, and diſſolving the Tartar that incruſts the Teeth.

No. 3.

TAKE Pumice Stone and Cuttle Bone of each an ounce, Tartar of Vitriol and Maſtich of each two drams, Oil of Rhodium and Lavender of each five drops. Reduce it to an impalpable powder, and uſe it as the others.

This effectually whitens the Teeth, but as all other Dentifrices intended for that purpoſe takes off their Enamel, and makes them liable to decay ſooner than otherwiſe they would.

TIN POWDER.

TAKE of powdered Tin two drams three mornings following. It is a doſe for a grown perſon, and might be taken in Treacle or Honey. It is very efficacious in deſtroying Worms, eſpecially of the flat ſort; but a doſe of the purging Worm Powder ſhould be given before, and another after theſe.

Vomiting Powder.

Take half a dram of Ipecacuanha in a ſpoonful or two of Chamæmile Flower or Carduus Tea. Work it off with the ſame.

If immediate Vomiting is neceſſary, as in Apoplexies, give twenty grains of the Salt of Vitriol in a ſpoonful or two of any Liquid, but when there is no immediate haſte required, you cannot make uſe of a more ſafe, eaſy, and efficacious Medicine than this; nay, what recommends it ſtill more is, that after it has diſcharged the Stomach of its contents, it leaves a binding quality behind it to brace up thoſe Muſcles which have been ſtretch'd in Urging.

Common Worm Powder.

Take Leaves of Southern Wood, Flowers of Tanſey, Wormwood and Corolline of each half an ounce. Reduce into a powder. The full doſe is one dram twice a day, with half a pint of Quickſilver Decoction.

Purging Worm Powder.

Take Rhubarb Powder half a dram, Calomel prepared ſix grains, Scammony four grains, Oil of Mint one drop. Reduce it to a fine Powder. This is a good doſe for a ſtrong conſtitution; for younger and weaker people the doſe muſt be leſſened. It ſhould be given once or twice before either of the forementioned Worm Powders, and once afterwards. It is an excellent Purge for Children

Children in every caſe where purging is neceſſar it acting very efficaciouſly on the ſlimy Juices with which Childrens Bowels are generally ſtuffed.

R.

Elder Rob.

TAKE of Elder-berry Juice any quantity you pleaſe, and boil it over a gentle fire to the conſiſtence of a Jelly. Some people will add to it a fourth part of Sugar.

This preparation of Elder promotes both Urine and Sweat, and is accounted a Specific for what the common people call catching Cold. An ounce of it ſhould be taken at bed-time diſſolved in a draught of warm Gruel, or White Wine Whey.

S.

Lip Salve.

TAKE Spermaceti an ounce, White Wax ſix drams, Oil of Almonds and ſoft Pomatum of each an ounce, Oil of Rhodium four drops, of Lavender two drops, Alkanet Root

one

one dram. Boil all the Ingredients, except the Oils of Rhodium and Lavender (which are to be added when it is ſtrained off) over a ſlow fire, till it has acquired a beautiful red colour.

The ſoftening cooling qualities of this Salve make it very uſeful in chapp'd Lips, and its colour ſtrongly recommends it to the Ladies. It is very uſeful in ſore Nipples, if melted in a ſpoon, and laid on warm with a feather. It is generally caſt into the bottoms of tea-cups, which ſhould be firſt rinced out with cold Water to prevent its ſticking.

Cephalic Snuff.

Take Leaves of Majoram, Aſarabacca, Marum, and Flowers of Lilly of the Valley of each an ounce. Reduce them to a powder, and add twenty drops of Oil of Lavender.

Medicines that promote Sneezing, and draw off the cold Rheum that affects the Head, are ſometimes neceſſary, for which purpoſe this may be uſed with ſucceſs.

Syrup *of* Buckthorn.

Take a quantity of Buckthorn Berries, put them into a pan with a little Water to prevent their burning, and ſend them to the oven at night, when the fire is taken out, to remain there till the next morning. Preſs out the juice, and to every gallon of it add three ounces of Winter's Bark in powder, and tied up loſely in a rag, and eight pounds of coarſe Sugar, boil it till it comes to the conſiſtence of a Syrup, continually ſcumming it. The doſe is to an ounce or more.

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The greateſt part of Syrups are in the preſent practice taken very little notice of. This is a very neceſſary one, and eſteemed as a good Purge, by its being admitted into the compoſition of moſt purging Potions.

Syrup *of* Lemons.

Take Lemon juice two large ſpoonfuls, fine Lump Sugar an ounce and half, diſſolve over a gentle fire, and take off the ſcum as it riſes. The doſe is a tea-ſpoon full often by itſelf, or, which is better, made into a Linctus, as mentioned before under that head.

Purging Syrup *for* Children.

Take Sena two ounces, Rhubarb ſliced one ounce, Sweet Fennel Seeds bruiſed half an ounce, Water three pints, boil it half an hour, then cover it down cloſe till it is cold, ſtrain it off, and add brown Sugar three pounds, boil it to the conſiſtence of a Syrup. The doſe is from one tea-ſpoon full to two large-ſpoonfuls.

It is with ſo much difficulty we can get proper Medicines into Children, that ſometimes we are obliged to omit the more prevalent for the more pleaſant ones. Though every one muſt be ſenſible that Rhubarb in ſubſtance is preferable to any Preparation of it for Children, yet this Syrup very nearly poſſeſſes all its Virtues.

T.

Tincture *of* Bark.

TAKE Peruvian Bark in powder two ounces, Orange Peel ſliced an ounce and half, Snake-root bruiſed three drams, Saffron four ſcruples, Cochineal two ſcruples, French Brandy a pint and a quarter. Let them infuſe ſix or ſeven days, then ſtrain it off, and filtre it through paper. The doſe is from one dram to half an ounce, every fifth, ſixth, or eighth hour.

Dr. Huxham is the author of this Tincture, and has given it in the courſe of many years with the greateſt ſucceſs in intermitting, ſlow, or nervous Fevers; and likewiſe in the decline of putrid, ſpotted, or peſtilential Fevers. It is almoſt a Specific in the putrid ſore Throat. It is a fine Stomachic, and a proper preſervative againſt, or preparative to Peſtilential Diſorders. When it is intended as ſuch, let a large ſpoonful be taken in a glaſs of White Wine, the firſt thing every morning, and alſo an hour before dinner. It raiſies the depreſſed Spirits in ſlow Fevers, and joined with the Saline Julep, conquers the Fever, though perhaps there is no intermiſſion. It braces up the Solids, and prevents a farther Diſſolution of the Craſis of the Blood.

Tincture *of* Hiera Picra.

Take Socotorine Aloes ſix drams, Rhubarb, Snake-root, Galangal, Zedoary, and Saffron, of each

each half a dram, White Wine a pint. Infuſe them for ten days. The doſe is four or five ſpoonfuls at bed-time twice a week. To which if you add a large ſpoonful of Syrup of Buck-thorn, and a tea-ſpoonful of Spirit of Lavender, you have an excellent purge for Lethargic and Apoplectic Conſtitutions. It ſhould then be taken in the morning. When taken by itſelf it is a warm uſeful purge, eſpecially for females, and operates very gently.

Tincture *of* Ipecacoanha.

Two ounces of this Tincture is given by way of Vomit, being rather a neater form than the Powder itſelf, but not a jot more efficacious. Preſent practice uſes this Tincture to a greater advantage than as a puke. It is given now as an Alterative in ſmall doſes. It ſtrengthens the Stomach and Bowels, ſtops Diarrhæas, and helps in the Bloody-Flux. The doſe is from twenty to ſixty drops in Mint Tea twice a day.

Compound Tincture *of* Myrrh.

Take two ounces of Aloes, and two ounces of Myrrh, reduce them to a groſs Powder, then add Salt of Tartar half a dram, Brandy a quart. Digeſt together ten days after ſhaking the bottle.

This is a very uſeful Application in Wounds, old Ulcers, &c. dropped on Lint. It poſſeſſes all the Virtues of Frier's

Balſam, when uſed externally, but rather in an inferior degree.

Rheumatic Tincture.

Take Gum Guaiacum in Powder an ounce, Brandy a pint, digeſt ten days, then ſtrain it off. The doſe is from one to two ſpoonfuls, to be taken twice a day in Buckbean Tea.

Guaiacum is deſervedly eſteemed for the aſſiſtance it affords againſt the Gout, Rheumatiſm, and all Aches and Pains proceeding from catching Cold, provided no Fever attends them. If given to two or three ſpoonfuls it will Purge. It ought to be obſerved, that Guaiacum is only proper in the cold Rheumatiſm, the hot or inflammatory kind requiring Bleeding, and other Evacuations, and twenty grains of Nitre in Baum-tea, three times a day. If the patient is confined to his bed, Bliſters, and the Nitre and Camphire Bolus, will be neceſſary, obſerving a ſpare Diet, and cooling Regimen.

Rhubarb Tincture.

Take fine Rhubarb ſliced two ounces, Liquorice Root and Aniſeſeeds of each one ounce, Raiſins ſtoned No. 60, Brown Sugar Candy two ounces, Brandy a quart, digeſt together for ten days, then ſtrain it off. The doſe is four large ſpoonfuls for the occaſion.

The virtues of Rhubarb are here happily aſſiſted by the other Ingredients. It is a noble Anticolic, diſpels Wind, ſtrengthens the Tone of the Stomach, carries off Slime and Acidities that occaſion Indigeſtion and Heartburn. It is vaſtly ſuperior to the Tincture made on Wine, as Wine abounding with Tartar, is a very improper Menſtruum to extract

extract the virtues of Rhubarb. Indeed, the Tincture of Hiera Picra would be a much better medicine, if three parts Brandy and one of Water were added to the ingredients inſtead of Wine.

Sweating Tincture.

Take Volatile Sal Ammoniac two drams, Diſtilled Vinegar half a pint. Rub the Sal Ammoniac in a glaſs or marble Mortar, pouring on the Vinegar by degrees. The doſe is from one dram to half an ounce, in a draught of Herb Tea or White Wine Whey.

Where Sweating is neceſſary, there cannot be prettier medicine than this. In Fevers, Colds, or obſtructed Perſpiration, it is almoſt a Specific. It is called Mindererus's Spirit in other Diſpenſatories, from its author's name.

Tincture *for the* Tooth-ach.

Take Spirit of Wine half an ounce, Opium cut very ſmall twelve grains, let it ſtand till the Opinium is diſſolved, then add Camphire two drams, oil of box forty drops. Mix.

When Teeth are decayed, nothing generally but drawing will relieve their Pains; if any thing will, it muſt be this. It is a proper compoſition, and very efficacious. The Receipt was originally brought from Turkey, and communicated to the author as a wonderful ſecret.

W.

Barley Water.

TAKE Perle Barley two ounces, waſh it clean in ſeveral waters, then let it juſt ſimmer up in a little more, which throw away, and add three pints of freſh to it, boil it till it comes to a quart. It is a ſoft cooling drink in Fevers, and if you add an ounce of Gum Arabic to it in its laſt boiling, you will have an uſeful drink to prevent the Strangury proceeding from Bliſters.

Eye Waters. No. 1.

Take Roſe Water two ounces, compound Powder of Ceruſe two ſcruples. Mix and drop a few drops into the Eyes twice a day, ſhaking the vial.

It is excellent for ſtopping Defluxions of the Eyes, drying up Salt Humours, and Strengthening the Sight.

No. 2.

Take Roſe Water two ounees, White Vitriol twenty grains. Mix.

This is intended for the ſame purpoſes as the former, but is thought rather inferior in virtues.

Imperial Water.

Take the Peel of one fine Lemon pared thin, and a quarter of an ounce of Cream of Tartar, pour on it two quarts of boiling Water, cover the pan close, and when cold, pour off and bottle it for use.

This is an agreeable and useful Drink in Fevers, it quenches thirst, and allays the feverish Heat.

Lime Water.

Take a pound of white Stone Lime, and pour on it six quarts of boiling Water, let it stand an hour or two, then stir it well, and after it has subsided, pour off the clear for use. The dose for the stone or gravel is as much as the stomach will bear; if it is intended for sweating and cleansing of the Blood and Juices, half a pint will be sufficient, twice a day. It will be proper to add a spoonful or two of Milk to each dose, to take off the rawness of the Water.

Lime Water has always born a good character, and very deservedly. It is of great efficacy in the Stone and Gravel, King's Evil, Leprosy, Whites, Diabetes, and all external or internal Ulcers. If mixed with an equal part of Spirits of Wine, and the Rag and Bandage dipt in it, and applied to the part where an Ulcer has been, it will prevent its returning again.

Oystershell Lime Water.

Take Oyſterſhells calcined to a Whiteneſs in a Pipe-makers Kiln one pound, boiling Water ſix quarts, pour it on the Shells immediately as they are taken from the fire, and treat it as the laſt.

The Doſe and Uſes of this are the ſame as of the other, only as Oyſterſhells are known to make a ſtronger Lime than Stone, of conſequence this muſt be more efficacious.

Quicklilver Water.

Take Quickſilver one ounce, Spring-Water a pint and a quarter, boil it in an earthen pipkin, often ſtirring it, till it is reduced to a pint. Then pour it off. The youngeſt children may take a quarter part of this, with a ſpoonful of Milk in it, in the ſpace of a day. Children of four years old, half of it; and thoſe of eight years old, and upwards, the whole.

This Decoction is ſtrongly recommended by ſome for deſtroying Worms, and removing all diſeaſes of the Skin, as Itch, Leproſy, Scald-Head, Scabby-Eruptions, and all Scrophulous Complaints. If there are any Sores they muſt be waſhed with it twice a day. If it is given for the Worms, the Purging Worm Powder ſhould be adminiſtred now and then between to bring them off. For whatever purpoſe it is intended, the uſe of it ſhould be continued ſome time.

Salt-Water.

The Doſe is from half a pint to a pint every morning early, walking afterwards a mile or two, and

and, if on the ſea-ſhore, to enjoy the ſalutary breezes, ſo much the better.

Salt Water, on its firſt uſe, will act as a Purge, and ſometimes continue to do it; but generally after a week or ten days drinking, it acts only as an Alterative, purifying the corrupted maſs of Blood. It is an excellent medicine in the King's Evil, in which caſe the Sponge Powders are given at the ſame time. It forwards the cure of external Ulcers, frees the Skin from Scabs and Blotches, removes obſtructions of the Bile that proceed from Stones in the Gall Bladder, creates an Appetite, and is of itſelf a very good preparation for Inoculation.

Factitious Salt Water.

Take Spring Water a gallon, Bitter Purging Salt four ounces, ſtir them well together till the Salt is diſſolved. The doſe is the ſame as the former.

People that do not live near the Sea, and have no opportunity of getting the Water, may uſe this in its ſtead, and by moſt people it is imagined to be very little if any thing inferior to it in virtue.

Water *againſt* Spitting *of* Blood.

Take Leaves of great Comfrey, Solomon's Seal and Plantain of each four handfuls, Liquorice and Nettle-Roots of each two ounces. Steep it in two gallons of Lime Water two days, ſtrain it off, and drink half a pint twice a day.

It is a cheap and eaſy Preparation, not without its advocates for what its title expreſſes.

Tar Water.

Take two pounds of the beſt Norway Tar, pour on it two gallons of Water, ſtir it well together, let it ſtand two days, pour it off, and bottle it for uſe. The doſe is from one to three pints a day, in an earthen veſſel.

The Biſhop of Cloyne, whoſe preſcription this is, recommends it in Fevers, Agues, Small Pox, and Meaſles. In Inflammations of the Throat, Breaſt and Lungs, Colic and Jaundice. It is powerful in relieving Old Ulcers, Cancers, King's Evil, Leproſy, and Foul Diſeaſe. It acts as a great Diuretic; but, notwithſtanding, will cure a Diabetes. It has cured the Dropſy in a perſon diſcharged from an hoſpital as incurable. It has relieved people labouring under Pleuriſies, Gout in the Stomach, Scurvy, and Ulcers in the Bladder, when their Caſes have been thought deſperate. For farther Particulars of this extenſive Medicine conſult the Biſhop's Treatiſe.

Scorbutic Whey.

Take Scurvy Graſs, Brooklime, Water Creſſes, Fumitory, and Sorrel, of each one handful, beat them to a Pulp, and pour on them a quart of Whey, preſs out the liquor hard, let it ſtand to ſubſide, and pour it off fine. The doſe is from half a pint to a pint twice a day.

Whey itſelf is a good laxative and ſweetener of the Blood, and the Scorbutic Juices, as here ordered, greatly improve it.

Vinegar Whey.

Take Cow's Milk and pure Water of each a pint, Vinegar enough to turn it.

In Fevers where Sweating is required this might be given for a common drink. It is eaſily prepared, and in many people will raiſe a Sweat where White Wine Whey has failed.

Dropsy Wine.

Take Nutmegs bruiſed No. 8, Broom-Aſhes ſix ſpoonfuls, Muſtard Seed bruiſed ſix drams, Horſe-Radiſh ſcraped half an handful, Steel prepared with Vinegar an ounce, Mountain Wine two quarts, let it ſtand in Infuſion three or four days, then ſtrain it off. The doſe is a gill glaſs three or four times a day.

This was a late eminent Phyſician's Preſcription, and ſeems very well calculated for being ſerviceable in Dropſical Caſes. The Broom-Aſhes, Muſtard, &c. being very powerful in freeing the Cells of the Muſcles, or Cavity of the Belly, from its Load of Water, whilſt the Steel braces up and invigorates thoſe Parts which have been greatly over-ſtretched by the quantity of Water contained in them.

Juniper Wine.

Take Juniper Berries well bruiſed four ounces, White Wine a quart and half a pint. Let it ſtand together a few days, then ſtrain it off.

Many people have ſo accuſtomed themſelves to the pernicious uſe of Spirituous liquors, eſpecially in the morning, that they have neither Life nor Spirits to go about any Buſineſs till they have paid ſome viſits to their beloved Cordial. When that is the Caſe, this will prove a good Subſtitute, and far leſs injurious to the Conſtitution than thoſe deſtructive Spirits.

Millepedes Wine.

Take Millepedes alive two ounces, Saffron two ſcruples, bruiſe them well together in a marble mortar, with a wooden peſtle, then pour on it a pint of generous White Wine. Strain it off, and keep it cloſe ſtopped. Take a wine glaſs three or four times a day.

We have here a moſt noble Diuretic of infinite ſervice in the Dropſy and Gravel. It is excellent in every Caſe where the Liver is concerned, relieves the Spleen and Hypocondriac Diſorders. There is not a more powerful medicine in the Aſthma, Hooping Coughs or Conſumptions; but in the laſt caſes, the Pectoral Infuſion ſhould be uſed inſtead of the Wine. It is excellent in ſcrophulous Swellings, inveterate Ulcers, and for deſtroying the firſt Rudiments of a Cataract. The doſe in ſubſtance of the prepared Lice is one ſcruple to a dram twice a day; but it is very doubtful if they do not loſe moſt of their fine volatile Salt in the preparation.

INDEX of DISEASES AND THEIR REMEDIES.

ACIDITIES in the STOMACH.

MAGNESIA Alba, Vomiting Powder, Rhubarb Pills with Mercury.

AFTER PAINS.

Powder againſt it.

AGUES.

Electaries febrifuge, ſimple and compound, Powder againſt Agues, Vomiting Powder.

APOPLEXY.

Phlebotomy, Vomiting Powder, Bliſters, Tincture of Hiera Picra, Glyſters, and all Evacuations.

APPETITE, want of,

Elixir of Vitriol, Chamæmile Flower Tea, Tincture of Bark, Rhubarb Tincture, Juniper Wine,

ASTHMA.

Electary againſt it, Hyſop Tea, Aſtmatic Mixture, Simple Oxymel, Vomiting Powder, Pills for Dropſy and Aſthma, Tar Water, Millepedes Wine,

BITE of a MAD-DOG.

Bleeding, Bathing in Salt Water, Powder for the Bite of a Mad-Dog, Mercurial Ointment.

BLEEDING.

Phlebotomy, Stiptic Powder, Lime Water, Acid Elixir of Vitriol, Nitrous Infuſion, Water againſt Spitting of Blood, Pectoral Decoction with Bark, Electary againſt Spitting of Blood.

BIRTH TO HASTEN.

Common Glyſter, Powder to haſten Delivery.

BLOODY FLUX.

Bolus againſt Looſeneſs, Decoction of Logwood, Vomiting Powder, Tincture of Ipecacoanha, Strengthning Fomentation, Glyſter for the Bloody Flux, Milk againſt Fluxes, Milk with Iſinglaſs, Powder againſt the bloody Flux, Powder againſt the Looſeneſs, Stiptic Powder, Tincture of Rhubarb.

BLOODY URINE.

Phlebotomy, Decoction of Hempſeed, Stiptic Powder.

BURNS.

Ointment for Burns, Common Cerate.

CANCER.

Cataplaſm to eaſe Pain, Fomentation of Poppy Heads.

CATARACT.

Millepedes Wine, Alterative Pills, burnt Sponge.

CATARRH.

Pills for a Catarrh.

COLIC.

Colic Pills, Rhubarb Tincture, Elixir Salutis, Fomentation for Colics, Vomiting Powder.

CONSUMPTIONS or COUGHS.

Balsam of Sulphur, Pectoral Decoction with Bark, Balsamic Electary, Emulsions oily and balsamic, Pectoral Infusion, Infusion of Hyssop, Lohoc, Linctus, White Mixture.

CONVULSIVE DISORDERS

Hysteric Mixture, Powder against Convulsions and Hiccups.

DIABETES.

Electary against it, Elixir of Vitriol, Bristol Water.

DIARRHÆA.

Friers Balsam, Bolus for a Looseness, Vomiting Powder, Tincture of Ipecacoanha, Decoction of Logwood, Strengthning Fomentation, Glyster for the Bloody Flux, Powder against Diarrhæas.

DROPSY.

Purging Powder against it, Pellitory Tea, Sweet Oil, Astmatic Mixture, Dropsy Pills, Dropsy Wine, Millepedes Wine.

ERUPTIONS SCABBY.

Mercurial Bolus and Purging Potion, Decoction of Elm Bark, Ditto of Sarsaparilla, Ditto of Quicksilver, Itch Ointment, Æthiop Powder, Burnt Sponge, Sea-Water, Factitious Sea-Water, Lime-Water, Tar-Water.

ERISIPELAS.

Cataplasm to ease Pain, Bleeding, Factitious Sea-Water, Nitrous Infusion.

EYES, WHITE SPECK in the SIGHT.

Glaſs levigated and White Sugar Candy equal parts. Blow in ſome of it into the diſeaſed Eye once or twice a day.

EYES SORE and WEAK.

Eye Waters.

FEVERS INFLAMMATORY.

Nitrous Infuſion, Fever Powders, Bleeding, Saline Julep, Camphire and Nitre Bolus.

FEVERS NERVOUS.

Saline Julep with Tincture of Bark, Infuſion of Snake-root, Bliſters.

FEVERS PUTRID.

Infuſion of Snake-root, Tincture of Bark and all its preparations, Elixir of Vitriol. MEMORANDUM, *avoid Bleeding, as in the Nervous Fever.*

GOUT.

Decoction and Electary againſt it, Duke of Portland's Powder, Tincture of Hiera Picra, Tincture of Rhubarb and Rheumatic Tincture.

GRAVEL or STONE.

Opening Electary for the Gravel, Warm Bath, Turpentine Glyſter, White Mixture, Oyſterſhell Lime-Water and Soap, Infuſion of Wild Carrot Seed, Powder for a Stone in the Bladder.

GREEN SICKNESS or OBSTRUCTION of the MENSES.

Bleeding in the Foot, Mercurial Bolus and Purging Potion, Steel Electary, Valerian Tea, Bennet Pills, Hyſteric Mixture, Tincture of Hiera Picra, Tar-Water.

HEAD-ACH.

HEAD-ACH.

Bleeding in the Foot, warm Baths to the Feet, Cephalic Pills, Vomiting Powder, Infuſion of Valerian.

HEART-BURN.

See Acidities in the Stomach.

HIP-GOUT.

Bleeding, Scarifications and Bliſtering on the Part, Cataplaſm for the Rheumatiſm, Decoction of Sarſaparilla, Alterative Electary, Purging Rheumatic Electary, Infuſion of Buckbean, Mountain Flax, Mercurial Bolus, and Purging Potion, Rheumatic and Sweating Tincture, Camphire and Nitre Bolus.

HYPOCHONDRIAC DISORDERS.

Electary to diſpel Wind, Hyſteric Mixture, Cephalic Pills, Infuſion of Valerian, Tincture of Hiera Picra.

HYSTERIC DISORDERS.

Hyſteric Mixture, Powder againſt the Hiccup.

JAUNDICE.

Rhubarb Pills with Mercury, Decoction of Madder, and Hempſeed Milk, Infuſion for the Jaundice, Saline Julep, Vomiting Powder, Powder againſt the Jaundice, Tincture of Hiera Picra and Rhubarb, Electary for the Gravel and Stone.

INFLAMMATIONS EXTERNAL.

Bleeding, Factitious Salt Water, Nitrous Infuſion, Cataplaſm to eaſe Pain, common Fomentation.

ISSUES, to promote the diſcharge of,

Green Peaſe.

ITCH.

Itch Ointments, Mercurial Bolus, and Purging Potion.

KING'S EVIL.

Ale for the Evil, Decoctions of Elm Bark, Sarſaparilla and Quickſilver, Alterative Electary, Rhubarb and Mercurial Pills, Powders of burnt Sponge, Cuttle-Bone, Rheumatic Tincture, Decoction of the Bark, Lime and Sea Waters, Millepedes Wine, Scorbutic Whey, Alterative Pills, Alterative Decoction.

LEPROSY.

See King's Evil.

LETHARGY.

Vomits, Bleeding, Cupping, Bliſters, and all Evacuations, Infuſions of Nitre, Valerian, Horſe-Radiſh and Muſtard, Cephalic Pills, Volatile Spirits, and Salts.

MADNESS and MELANCHOLY.

Cephalic Pills, Nitrous Infuſion, Vomiting Powder, Infuſion of Valerian, copious and frequent Bleedings, Nitre and Camphire Bolus, cooling Purges of Manna and Salts and Cream of Tartar.

MEASLES.

Powders for Eruptive Fevers, Bliſters, Bleedings, Pectorals, and now and then gentle Opiates.

NIPPLES CHAPPED.

Liniment for ſore Breaſts, Lip Salve.

PALSEY.

Bleeding, Bliſters, Electary for the Palſey, Rheumatic Tincture and Tar Water.

PILES.

Leeching, Electary, and Ointment for the Piles.

PLEURISY.

PLEURISY.

Frequent Bleedings, Bliſters to the Part, Ointment for the Pleuriſy, Camphor and Nitre Bolus, Nitrous Infuſion, Sweating Drops.

QUINCY INFLAMMATORY.

Bleeding, Bliſtering, Nitrous Infuſion, and Black Currant Jelly.

QUINCY MALIGNANT, or ULCERATED SORE THROAT.

Refrain from Bleeding, Bliſter the Throat, give a large ſpoonful of the Tincture of Bark in a wine glaſs of Port Wine and Water every ſix hours. Gargle the Throat with the following Gargle often. Take Port Wine and Vinegar of each three ounces, Honey and ſimple Tincture of Myrrh of each one ounce. Mix.

RHEUMATISM.

Mercurial Bolus and Purging Potion, &c. See Hip-Gout.

RICKETS.

Æthiop, Rhubarb and Magneſia Powders, Cold Bath.

RUPTURES.

Truſſes, Strengthning Fomentation, Electary to diſpel Wind.

SCALD HEAD.

Ointment for Scald Heads, Quickſilver Water, Æthiop Powders, Purging Powder for Worms.

SCURVY in the BLOOD.

Ale for the Evil, Alterative Electary, Scorbutic Whey, Juniper Wine, Tar Water.

SCURVY in the GUMS.

Gargle for a ſore Mouth, Tooth Powder of Myrrh, and Tartar of Vitriol.

STRAINS

STRAINS FRESH.

Cataplaſm for Strains, afterwards Opodeldock.

STRANGURY.

Camphire Bolus, Barley Water, and Gum Arabic.

STRIPPING in RIDING.

Mixture againſt Galling.

TOOTH-ACH.

Tincture for it.

THRUSH.

Decoction for the Thruſh; if a Fever attends it, the Nitrous Infuſion.

ULCER of the BLADDER.

White Mixture, Lime Water, Alterative Pills, and Decoction of Sarſaparilla.

ULCERS EXTERNAL.

Alterative Pills and Decoction, Salt Water and Lime Water, Decoction of Sarſaparilla.

URINE STOPPED.

Cooling Diuretic Infuſion, Pellitory and Linſeed Tea.

VOMITING to ſtop.

Mixture to ſtop Vomiting.

WHITES.

Alterative Pills, Decoction of Sarſaparilla, Milk againſt Fluxes, Iſinglaſs Milk, Elixir of Vitriol and Tincture of Bark.

WIND to DISPEL.

Electary to diſpel Wind.

WORMS.

Powders of Æthiops and Tin, Worm Powders.

FINIS.